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IF YOU CAN DODGE A WRENCH, YOU CAN DODGE A...

... A BALL, YES — IN LONDON THIS WEEKEND DURING A 21-TEAM CONTEST PAGE 7

Celebrating Lincoln Alexander

Canada's first black MP will be honoured by a Western University event on Tuesday PAGE 8

Wanted: Alcoholic labourers

Pilot project in Amsterdam pays alcoholics with beer in exchange for manual labour PAGE 11

You gotta hustle for that Oscar

American Hustle leads nominations while loner Llewyn Davis is left out in the cold (again) PAGE 17

NEWS WORTH SHARING.

FAR FROM FROWN TOWN

Western University students Jenna Sauve, left, and Alana Fernandez are all smiles and happy to be living in London. They're among many others, according to a company that's ranked the happiest cities in Canada based on Instagram photos. And London's not looking too shabby. Story on page 6. MIKE DONACHIE/METRO

Taxpayers on hook for $97,000

Final sum. Councillors' legal bills for Billy T's scandal foolish, colleague says

MIKE DONACHIE
mike.donachie@metronews.ca

London could have done other, better things with the $97,000 it spent on lawyers for council members caught up in a scandal.

That's the view of Coun. Paul Hubert, who led the way in making sure the figure was made public.

The exact cost of lawyers to represent seven council members involved in the infamous back-room meeting at Billy T's was $97,148.31, according to a new city report. Taxpayers were left paying the bill.

That works out to something like $13,000 for each person involved, Hubert pointed out.

"As I said when this whole thing came through, foolishness is always expensive," said Hubert.

It's been almost a year since the lunchtime meeting at Billy T's Tap and Grill that started the whole affair.

Mayor Joe Fontana and six councillors met in the back room there and had discussions about various city issues. After a lengthy investigation, prompted by 60 complaints from the public, Ontario Ombudsman André Marin decided the meeting was private, so it broke the law.

Politicians involved all denied they intended to meet in private, saying they had happened to be at the restaurant at the same time.

Hubert said he was "happy to close the chapter on this" but disappointed that London had its "dirty laundry aired in the media right across Canada."

Money well spent?

City council's 2014 budget-setting process for 2014 has begun. Here are a few places where the $97,000 would have come in handy:

- It would cover almost half of the $200,000 budget cut proposed for creating bike lanes.
- Council is considering cutting $72,000 from funding for managing environmentally sensitive areas.
- The planning department wants $85,000 to hire another planner to address the city's growth.

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Quitting smoking

Nicotine-replacement drugs harmful to unborn: Western researcher

It's common knowledge that smoking while pregnant is a bad thing.

Turns out, choosing the wrong way to kick the habit is too.

A researcher at Western University say nicotine-replacement drugs, like gums, patches, nasal sprays and lozenges, can cause a wide range of long-term health problems in unborn babies.

The health issues, researchers say, include increased risks for obesity and developing metabolic syndrome, which increases the chance of heart disease and diabetes.

Thirty studies have shown that babies born to smoking mothers have a 47 per cent increase in the odds of being overweight, said Schulich School of Medicine and Dentistry's Dr. Daniel Hardy, who led the new research.

"And here's the interesting thing, that's even after adjusting for mom's diet and socioeconomic status," he said. METRO

Wednesday's Metro

Correction

The city had Build a Budget workshops Wednesday night and Jan. 11. Incorrect information was published in Metro on Thursday. For a full list of upcoming dates tied to the city's 2014 budget process, visit london.ca/budget.

METRO

There's lots to choose from but fewer London cyclists are wearing helmets on the road than elsewhere in the province, according to a Statistics Canada report.
ANGELA MULLINS/METRO

Study looks at the health of Londoners

Risk factors. It paints a picture of the overall health — and habits — of people living in the Middlesex-London Health Unit's jurisdiction

A Statistics Canada study says residents of London-Middlesex are slightly more prone to cancer than those elsewhere in Ontario.

And, while we exercise about as often as people elsewhere, we tend to throw caution to the wind when riding bicycles.

The study paints a picture of the overall health — and habits — of people living in the Middlesex-London Health Unit's jurisdiction, comparing them to the rest of Ontario.

But what about that higher tendency to contract cancer? About 30 more people per 100,000 in the region are diagnosed with cancer than those living elsewhere.

It may look bad on paper, but a top London doctor said there's little to worry about.

"The incident rates for most of the common cancers are pretty much comparable to the rest of Ontario," said Dr. Glenn Bauman, chair of oncology at London Health Sciences Centre and Western University. "So I'd say that's within the usual variation."

Another factor could be that London has a slightly older population, which may partially account for the higher incidence rate.

"We know that the biggest risk factor for getting cancer is getting older," Bauman said.

Another part of the report shows about four per cent fewer cyclists in London wear helmets when on the road, compared to the rest of Ontario.

Gary Brown, a founder of London Cycling Link, said the cost of helmets might be a hindrance to some in the region, which has seen hard economic times for years.

That's not the biggest risk cyclists are taking, though.

"I worry about lights," he said in an email. "I would say that less then 10 per cent of cyclists light up." SCOTT TAYLOR/METRO

These are just a few of the faces you'll see volunteering when the Memorial Cup tournament arrives in London later this year. DAVID INGRAM/FOR METRO

500 strong. Memorial Cup volunteers a keen group

The Memorial Cup organizing committee knows it has many challenges ahead in playing host to the 10-day hockey experience in May.

Not the least of which is cajoling the home side into winning the four-team tournament, just as it did back in 2005.

But strike one obstacle off the chalkboard for the host committee.

London and area residents jammed the Memorial Cup volunteer website beginning at 9 a.m. Wednesday. A little more than five hours later, there were more than 500 registered to work for free.

Volunteer chair Brenda Trineer was still in shock Thursday afternoon.

"I can't think of any other sporting event that the volunteer website was shut down in five and a half hours. It's crazy," Trineer said.

Fellow committee member Brad Wills called Trineer shortly after 2 p.m. Wednesday and informed her the number was at 524 and growing.

"I said shut it down, we've got to shut it down because the problem with that is if we kept going and took 700 and we only used 500, we'd have 200 pretty upset people that registered and didn't get a call," Trineer said.

Responsibilities for the 10 days include family services, fan-fest activities and ceremony duties.

For Trineer, London's last Memorial Cup was the first time she headed up volunteers. But it wasn't her last.

Since 2005, she has averaged about one sporting event a year. They have included the 2010 Special Olympics, the World Under-17 Hockey Challenge and the world field lacrosse championship.

"There are a lot of really fun things about the Memorial Cup and that's why I think it only took five and a half hours to fill," Trineer said. "I know the people that were a part of it then just so desperately want to be part of it this time. And those that (hadn't) heard about it and want to be part of it now."

The fun begin May 16 and ends May 25. DAVE LANGFORD/METRO

K9 recruit gets his day

Graduation. Meet Wilco, the London police department's new best friend

SCOTT TAYLOR
scott.taylor@metronews.ca

A four-decade tradition was carried on Thursday at London police headquarters.

Wilco, the latest graduate of police training, officially got his badge and became the newest member of the department's canine unit.

The unit doesn't get a lot of public exposure considering the high number of cases the dogs and their human partners investigate.

In 2012, the unit participated in more than 2,300 calls for service and made more than 550 arrests for various criminal offences, including thefts, assaults, break-and-enters, pursuits and robberies.

The London Police Service's newest member, Wilco, got his badge during a Thursday ceremony at police headquarters. SCOTT TAYLOR/METRO

All in a dog's work

Some of the duties and abilities of a police service dog:

- A dog is capable of clearing an entire building as large as police headquarters within minutes.
- They're trained to apprehend suspects, locate missing people, such as Alzheimer's patients, and find stolen property.

Const. Marty Lessick attended the formal graduation ceremony for Wilco, who spent 15 weeks in training to make it this far.

"It was physical for both of us," he said. "I had to go through a bunch of physical tests and so did he. There are wall climbs, long runs, he had to be trained in several disciplines and he had to pass several tests to get where he is right now."

The eight dogs in the unit are all German shepherd purebreds imported from Europe when they're about 12 to 18 months old.

"They have a good selection over there that we're pretty happy with, and the selection process there goes on for months and months to pick out a good dog," Lessick said. "You just don't go there and buy one."

There's no hard and fast rule about how long the dogs can remain in service, but Lessick said, just like people, age and injuries slow them down.

Once they're off patrol, though, they remain useful.

"Ideally, we'd like to get five to seven years out of them, but after that we hope to cross-train them and put them into another category like drugs or guns or bomb detection. Anything that they're capable of doing," Lessick said.

Lessick said it's been a career goal of his to be part of the canine unit.

Thanks to assistance from London police, St. Thomas police also graduated a dog. Trax attended Thursday's ceremony with partner Const. Sean James.

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President's own story: 15 years ago I started to have arthritis, prostate, kidney, snoring and sleep apnea problems, which were all helped quickly with natural health products. I made it my life's purpose to help others. ***Nick A. Jerch***

#1

ARTHRITIS

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Truthful actual experiences from real people:

■ **For 40 years I had injections and drugs and finally Bell Shark Cartilage #1** spared me the endless torture I suffered day and night. Pat Laughlin, Coldwater, ON ■ **My hip is 95% pain free.** Pain killing drugs mask and Bell Shark Cartilage heals. Rebecca Hite, Oroville, CA ■ **I tried another brand and pain came back.** 2 weeks on Bell and pain is gone again. Gert Dupuis, Hanmer, ON ■ **For 32 years I cried barrels of tears.** Was in and out of hospitals costing society tens of thousands of dollars. I have taken many thousands of pills that nearly killed me. Finally 3 bottles of Bell Shark Cartilage costing less than $100 stopped a lifetime of suffering without side effects. Eleanor Sauson, Shigawake, QC ■ **I suffered for years with sciatica.** I tried everything and finally after taking a specially processed shark cartilage I was pain free in 2 weeks. After this experience I realised I could help many of those 5 million Canadian that suffer every day and night and I started to sell this same type of shark cartilage and helped hundreds of thousands of men and women to have less pain or no pain at all. Nick A. Jerch, President of Bell Lifestyle Products. ■ **Many people on our website write:** "Can walk again for hours";"Can climb stairs without hanging on to railing";"First time in 15 years can sleep at night" **Rheumatoid pain** in joints down 90%, same for my sister… hundreds of testimonials all with full names and towns. Shark bones/cartilage was a previously thrown away by-product of the food industry. No sharks are caught for their cartilage. Don't let any activist confuse you.

High Blood Pressure?

#26

NPN 80040870. To maintain cardiovascular health in adults.
High blood pressure is called the silent killer. If your BP is higher than normal, try to get it down to about 120/80. For many people it is easy to control. If it does not work for you we refund your money. On our website you will find over 50 testimonials with full names and towns from all over USA and Canada. Most of them have listed phone numbers and are happy to talk about the relief they had. No money was paid for testimonials. **Dr. C. Hammoud M.H., Ph.D.** recommends this effective fish peptide blood pressure natural product. So does Dr. Julian Whitaker M.D.

Truthful actual experiences from real people: ■ **I was on 3 blood pressure drugs** that did not work well. After starting Bell #26 my readings are generally well below 120/80. *Dona A. Anderson, 76, Sooke, BC* ■ **My blood pressure was 157/90** and I had side effects from prescription drugs. I bought a monitor. After 6 months on Bell #26 I was down to 120/80. *Toni L. McCuistion, 52, Elizabethtown, PA* ■ **Blood pressure went from 170/110 down to 110/70.** Was on three medications that didn't help. Within a month on Bell#26 my BP dropped to 110/70. I thought I didn't need it anymore and the BP went up to 170/110 again. I will now stay on Bell. I am surprised about its effectiveness without side effects. Bell exceeds my expectations. Patrick McManus, 52, Edmonton, AB ■ **At work my driver's medical** test was too high at 170/100. After taking Bell #26 for a few days I went down to 128/84 which allowed me to pass my work medical. *Kris Geier, 48, Windsor, ON.*

#66

Calming Stress

NPN 80041855 Helps to promote healthy mood balance, relaxation, use as a sleep aid and mental stress.

Truthful experience by people: ■ **I am calm now in stressful situations!** In the past 10 years I had a very short fuse, because my job is quite unpredictable. After I started Bell Calming Chronic Stress #66 the difference was amazing. My reactions to stressful situations are totally changed. I also have more energy, too. I don't yell at others. I have more patience and I am much happier as well. Thank you. Mary-Anne Thompson, 61, Lasalle, ON ■ **I suffered greatly from anxiety.** Standard treatments did not make me feel good. So my mother bought Bell Calming Chronic Stress #66 and it has been helping me a lot. I am on my 3rd bottle. Remington Fletcher, 19, Ponty Pool, ON ■ **I have a very high stress career** in the film industry. There was no time for relaxation or meditation as you are on demand for 12-15 hours a day with no breaks. Since using Bell #66I am able to focus on the tasks at hand with more patience. Thank you for your help! Christina Ollson, 36, Burnaby, BC ■ **It's exactly one year since we began using Bell Calming Chronix Stress #66 for our two sons.** Our local health food store recommended it. Both of our sons suffer from anxiety disorders. Our older son (14) was going through puberty and had become quite unmanageable, because he is much larger than I am. We are delighted with the immediate results. Our older son became his former sweet self and our younger son's (12) anxiety is dramatically reduced. Thank you so much. Donna Van Veen, 48, Grand Prairie, AB

■ **AVAILABLE HERE IN LONDON:** **Good Health Naturally** Cherry Hill Mall, 301 Oxford St . W.; **Good Health Naturally** Oakridge Centre, 760 Hyde Park Rd.; **Guardian Wonderland Pharmacy** 1061 Wonderland Rd S.; **Homeopathy London** 130 King St.@ Covent Garden Market; **Lyn-Dys Health Foods** 1016 Oxford St. E.; **Medicine Shoppe Pharmacy** 8-312 Commissioners Rd. W.; **Nutrition House** Masonville Place Mall, 1680 Richmond St.; **Quarter Master Natural Foods** 176 Wortley Rd.; **S & H Health Foods** Galleria Mall, 355 Wellington St.; **S & H Health Foods** Northland Mall, 1275 Highberry Ave.; **S & H Health Foods** Sherwood Forest Mall, 1225 Wonderland Rd.; **S & H Health Foods** White Oaks Mall, 1105 Wellington Rd. S.; **The Health Food Store** 390 Springbank Dr. Unit # 8.; **Spartan Nuttrition** 1295 Highbury Ave.: **Turner Drug Store** 52 Grand Ave. ■ **AYLMER:** **Mister Natural** 58 Talbot St. ■ **GLENCOE:** **Shirley's Pantry** 218 Main St. ■ **INGERSOL:** **Ingersol Pharmacy** 19 King Street East., ■ **LAMBETH:** **Nurture The Spirit Health Food** 2453 Main St., ■ **ST. MARY'S:** **Jackson's Pharmacy** 32 Wellington St. S. ■ **ST. THOMAS:** **Healthy Lifestyles** 930 Talbot St.; **Yurek Pharmacy** 519 Talbot St.; **Nature's Balance** 548 Talbot St ■ **STRATHROY:** **Elly Boersema Natural Health** 3261 Mullifarry Dr. RR 7 ■ **TILLSONBURG:** **Sangster's Health Centre** Tillsonburg Town Centre, 200 Broadway St. ■ **WEST LORNE:** **West Elgin Pharmacy** 229 Graham Rd.

REMEMBERING & IQ

#36

NPN 80042656 Helps to enhance memory and cognitive function in adults.

Actual results by people: ■ **Imagine how frustrating it is for someone with a Ph.D.** who has difficulties to concentrate and remembering something that happened yesterday. Now that I use your Super IQ Brain Function #36 I seem to be back to normal. I recommend it to anyone experiencing memory loss of any kind. Glenn A. Guidry Ph.D., 55, Nashville, TN ■ **As a student I was surprised with final exams results of 95%!** I started taking Bell IQ Function #36 half a year ago when I had trouble remembering things in a course. Things changed drastically when I started to take these capsules. I could concentrate and excel better than ever before. Exams results were 95% correct! Theresa Williamson, 31, Toronto, ON ■ **I bought the Super IQ Brain Function for my grandma, who has dementia.** Her thoughts were wandering in and out. Since she is taking #36 she recognizes us all, sings again and remembers all the lyrics. Instead of sleeping pills she is drinking the Bell Sleep & Relax Tea #21a and she is not groggy anymore in the morning. She is a delightful person again. We are all grateful. Wendy Simpson, 52, Calgary, AB

#60

Guaranteed better than all others they used say dozens of delighted users with full names and towns on the Bell website. Works by cleansing blood inside rather than attacking skin from the outside and leaving the actual cause untreated. Here are a few examples:

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NPN 80044199. Alternative for skin conditions such as Eczema, Psoriasis.
Actual Results. ■ **After 1 week** my severe acne became quite mild and after 2 weeks it had completely vanished. I suffered for 5 stressful years of having acne and extremely dry, irritated skin. Bell #60 **"saved my life"**. My skin is now beautiful and you would never know I suffered from acne and other skin problems for years. *Zach Lustgarten, 18, Oshawa, ON* ■ **Spent 30 minutes every day** popping and picking my face. Since puberty I had acne and irritating itching. After starting Bell #60 my acne cleared up, itching stopped, no more breakouts. Make-up looks nice on my face again. Thanks for an amazing natural product that really works. *Adwoa Mainoo, 38, Etobicoke, ON*

RED NOSE/CHEEKS ROSACEA gone in less than a week. Was fighting it for 30 years with topical creams and prescriptions without getting satisfaction. I live a healthy life, don't smoke and don't drink. People thought a reddish face comes from drinking. This is a myth. Will take it for the rest of my life when needed. *Donald E. Gillespie, 56, Innisfil, ON* ■ **My husbands suffered for 28 years** with Rosacea. It has been a nightmare for him physically and emotionally. It was frustrating seeing so many doctors and specialists and spending lots of money without success. Bell #60 worked within a short time. Itching stopped quickly. We've finally found our savior product. *Lynn Litman, 54, Coeur d'Arlene, ID*

PSORIASIS ■ **I had severe psoriasis** over 95% of my body. Last 5 years I have stunned every doctor and dermatologist. I spent tons of money on remedies. After I got Bell #60, I've never seen anything work as fast in my life. Within 2 days I saw my skin clearing up. I'm speechless. It was inexpensive compared with what I spent before. *Jessica Shantz, 25, Dawson Creek, BC* ■ **My husband had psoriasis so bad** he scratched until it was bleeding. We went for 5 years to doctors and dermatologists who prescribed special soaps and expensive creams that were of no help. Bell #60 brought complete relief before the bottle was finished. Thanks so much for all the Bell products. We use many of them now. *Ruthann Bennett, 64, Pittsburgh, PA*

ECZEMA For 6 years my family doctor and dermatologist tried many medications and creams. After taking Bell #60 for just a few days my eczema itching stopped and my face started to clear up. After suffering so long I am amazed with the results. *Andy Yuen, 58, Vancouver, BC* ■ **I am a minister** and had eczema on my right hand for some 30 years. This has been an embarrassing problem as I do a lot of handshaking. Expensive prescriptions did very little. My granddaughter finally helped by recommending Bell #60 and it worked within days. I take it now when needed. I hope others will be helped just as well. *Rev. Larry K. Raynes, 70, Taylors, SC*

Bladder & Yeast Infection

#31

NPN 80038535 A diuretic to help relieve mild urinary tract infections.

True success stories by women: ■ **Bladder & Yeast Infection #31 works within a day or two!** My experience in the last 4 years is that whenever I feel symptoms of an infections I take two capsules for a day or two and the infection is gone. I love this product. Pat Pearce, 53, Brantford, ON ■ **30 years of bladder infections gone!** For 30 years my doctor prescribed antibiotics. As soon as the medication finished the next bladder infection came back. After 2 days taking Bell # 31 I noticed a complete relief of my infection I had all these 30 years. God bless you all for helping all of us women. Emell Whitaker, 69, Bronx, NY ■ **Bladder infections kept on coming back.** Since starting Bell Bladder & Yeast Infection #31 my infection was gone and I now take it from time to time for prevention and I have no more bladder or yeast infections. I told family and friends how good Bell products are. Thank you! Maria Racz, 60, Vancouver, BC ■ **Went to the bathroom 10 times in an hour and more frequently at night!.** In the last 2 years I went a number of times to the doctor and got different antibiotics and none of them worked. My urination would burn enormously. I bought your Bell Bladder & Yeast infection #31. I can now work all day or sleep all night without getting up to go to the bathroom. I am not afraid anymore to drink water when I am thirsty. Praise the Lord! Thank you! Harriett Priester, 60, North Charleston, SC

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Break time. The when and why of PA, PD days

People with kids are facing a tougher day than usual Friday, with the first PA day of 2014.

It stands for "professional activity." Similar to that are PD days, which are for professional development.

But do parents know what the days really involve, aside from the fact they need to take a day off or find someone to look after their children?

Karen Dalton, Thames Valley District School Board's associate director of learning support services, said there isn't a sole purpose.

In short, they give teachers the chance to do things they can't manage with a classroom full of children.

This week's break is designed to give teachers time to draw together all the information they need to write report cards due out in February.

Other days have different purposes, like a day towards the end of the school year that allows transition planning as classes get ready to move on and teachers get ready to welcome new students.

MIKE DONACHIE/METRO

School's out

- There are usually six PA or PD days throughout the school year. Friday marks the first for 2014.
- Still to come for elementary schools are March 7, June 9 and June 27. Remaining secondary schools dates are Jan. 31, March 7 and June 27.
- The PA and PD days after summer break have not been scheduled. Parents will get the chance to give their input in February and a draft list is expected to be issued in April or May.

St. Thomas. Man accused of beating woman

A 49-year-old St. Thomas man is facing charges after a witness reported he was choking and hitting a woman inside a vehicle.

The incident happened during the noon hour Tuesday on Talbot Street, St. Thomas police said. The couple involved in the incident fled before police arrived but were later identified.

The man went to the St. Thomas police station the next day, was arrested and charged with a single count each of choking and assault. He remains in custody.

SCOTT TAYLOR/METRO

Assault charge

The 31-year-old woman did not require medical attention, police said.

Cooking up a win

Londoner aiming for master title

London radio personality Andrew Lawton will be vying for a very special apron — and $100,000 — when home cooks sharpen their knives for MasterChef Canada.

The competition starts Monday with 50 people from across the country putting their best dishes forward for judges Michael Bonacini, Alvin Leung, and Claudio Aprile.

The show airs at 8 p.m. on CTV.

METRO

Sports insights

Former MLSE CEO to speak at series

The former CEO of Maple Leaf Sports and Entertainment is coming to London.

And, while he's here, Richard Peddie will give people some insight on the lessons he learned while he was CEO.

Peddie's visit comes as part of the Canadian Club of London's 2013-14 Speaker Series. The luncheon talk runs from noon to 1:30 p.m. Jan. 29 at London Convention Centre.

Check canadianclubolondon.ca for details. METRO

Some of the happy faces here at Robinson Hall helped secure the bar's title of happiest place in London. CONTRIBUTED

High times in the Forest City

Instagram analysis. Nightclub named city's best place for smiles

MIKE DONACHIE
mike.donachie@metronews.ca

If you're frowning your way through a cold, dark January, here's a comforting thought.

London has been named the sixth-happiest city in Canada by a travel app that used a fascinating process to measure happiness.

Jetpac City Guides looked at Instagram photos from more than six million locations around the world.

It identified faces then actually measured their smiles, scoring each smile between 1 and 100 based on the number of pixels it's spread across. Add them up and that leads to a score for each place, with Kingston coming out as happiest in Canada but London not far behind in sixth.

And because it's a travel guide, the app's creators have even managed to identify the happiest places in each city, based on that all-important smile count.

London's happiest place is the nightclub Thorny Devil, on the top floor of Robinson Hall on Talbot Street downtown.

Owner John Scott-Pearse laughed long and loud when he heard about the accolade, saying the chance to have a good time is part of the reason why people move to London.

"I'm happy to be a part of it," he said.

Quoted

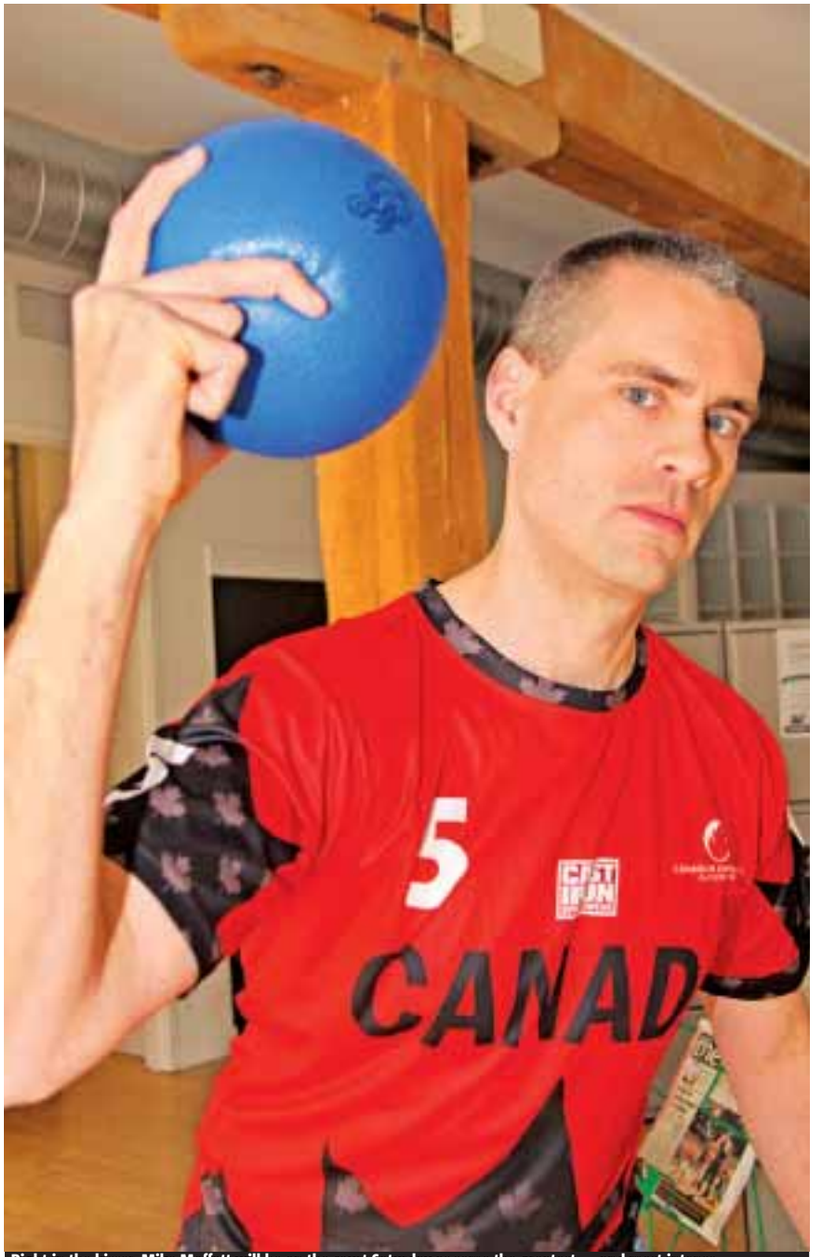
"A lot of people move to a city for the social scene."

John Scott-Pearse, owner of London's happiest place

Top photo finishers

London's happiest places	Most photographed restaurants	Most photographed public spaces
1. Thorny Devil, Talbot Street	1. 168 Sushi Asian Buffet, Oxford Street West	1. Covent Garden Market
2. McGinnis Restaurant and Bar, Wonderland Road North	2. Moxie's Classic Grill, Queens Avenue	2. Springbank Park
3. The Ceeps, Richmond Row	3. The Early Bird, Talbot Street	3. Western Fair Farmers Market
4. Joe Kools, Richmond Row	4. Jack Astor's, Wellington Road	4. Victoria Park
5. Jack's, Richmond Row	5. Milestones Grill and Bar, Fanshawe Park Road	5. VIA Rail station

Source: Jetpac City Guides analysis



Right in the kisser. Mike Moffatt will be on the court Saturday as some the greatest — and most intense — dodgeball players do battle. MIKE DONACHIE/METRO

Dodgeball warriors ready to wallop

Make way Vince Vaughn and Ben Stiller. London's greatest are hosting 21-team contest

MIKE DONACHIE
mike.donachie@metronews.ca

Sometimes sports need a mean streak.

There will be more than a little bit of sadism, and plenty of sporting action, as London hosts a big dodgeball event Saturday.

Weekend warriors from 21 teams will gather to do battle, and one of their most prominent members may come as a surprise to some people.

In civilian life, Mike Moffatt is a well-known business professor at the Richard Ivey School of Business. But on Saturdays he becomes a leading light in Canadian dodgeball.

Moffatt, a member of the London team the Blue Devils, is head coach of Canada's national dodgeball team. Last year, he helped Canada win a gold medal at the World Dodgeball Invitational in Auckland, New Zealand.

But why dodgeball?

"I was in this tournament six or seven years ago," Moffatt explained. "The only reason I entered it was that it was on my birthday. It seemed like an interesting way to spend a birthday."

So, with some athletic friends from the gym, Moffatt formed a dodgeball team: "We got absolutely destroyed."

He said: "It seems like a child's school pastime, but there's a surprising amount of strategy involved if you want to play well."

Of course, a lot of people think of the movie Dodgeball: A True Underdog Story when the sport is mentioned, but it's gone beyond that.

Last year, North America's biggest-ever tournament was held in Detroit with 70 teams — seven of them from London — and a top prize of $20,000 went to the winners, who were from Los Angeles.

Saturday's big London event is designed to bring in some of the best.

Teams taking part include London's Blue Devils, Marvel Alliance and Japanese Mafia.

Also involved is a Toronto group called — seriously — Pow! Right in the Kisser.

No child's play here

"It seems like a child's school pastime, but there's a surprising amount of strategy involved if you want to play well."

Mike Moffatt, a member of London's Blue Devils dodgeball team and head coach of Canada's national team

Grab life by the ball

Watch the action:

- **Where.** The Forest City Invitational Co-Ed Dodgeball Tournament happens on Saturday at Saunders Secondary School in west London.
- **When.** It's open to the public, and it won't cost you anything to go and watch. The competition starts at 12:30 p.m.

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CANADA

Western event celebrates first Lincoln Alexander Day Tuesday

January 21. Canada's first black MP honoured on his birthday

SCOTT TAYLOR
scott.taylor@metronews.ca

Londoner Mohamed Salih is organizing an event to pay tribute to the late Lincoln Alexander (inset), who he credits with his interest in politics.
SCOTT TAYLOR/METRO; INSET: TORSTAR NEWS SERVICE FILE

Lincoln Alexander was a man of many firsts. He was Canada's first black MP and cabinet minister and an Ontario lieutenant-governor.

Now, the man who inspired so many will get his due with an event at Western University marking the first Lincoln Alexander Day, at 6:30 p.m. Tuesday.

Mohamed Salih, one of the event's hosts, said Alexander inspired him to take a deep interest in politics with the goal of being London's first black MP.

"I met him on a few occasions and he was one of the reasons why I delved into politics in the first place," said Salih, who ran against the eventual winner of the NDP nomination in London West last year. "He obviously broke down barriers. He was a racial discrimination pioneer, and he opened the doors for people of all kinds of backgrounds."

Ontario MPPs unanimously voted in November to designate Alexander's birthday, Jan. 21, the Lincoln Alexander Day.

He died at age 90 in October 2012.

Lincoln who?

Lincoln Alexander

- Served with the Royal Canadian Air Force during the Second World War, from 1942 until 1945.
- Elected as Canada's first black MP in 1968 and re-elected in 1972, 1979 and 1980.
- Federal labour minister from 1979 to 1980
- Ontario's 24th lieutenant governor. He held the post until 1991, focusing on youth and education.
- Five-term chancellor at the University of Guelph

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Don Seymour. CEO picked for mental-health group

A CEO has been named for a new mental-health organization to serve London-Middlesex.

After a national recruitment process, leaders of the effort have picked someone from their own backyard.

Don Seymour, who's been the executive director of WOTCH Community Mental Health Services for the past three years, will assume his new role Feb. 1.

The new agency — an amalgamation of WOTCH, the local branch of the Canadian Mental Health Association and Search Community Mental Health Services — is expected to launch in the next few months.

Work toward the voluntary merger started about a year ago and was prompted by recommendations made as part of a large-scale report on how to best enhance community-based mental-health and addiction services. **METRO**

Chirag Shah. Western names new board chair

There's some new leadership at Western University.

The board of governors has appointed Chirag Shah chair of the board for 2014.

Shah is the London market leader for Pricewaterhouse-Coopers LLP, managing delivery of the firm's services.

He joined the Western board in 2010, chairing its property and finance arm. He served as vice-chair of the board in 2013.

Shah is on the boards of TechAlliance and the United Way of London & Middlesex.

He's also a Western alumnus, with a bachelor of science. He earned a master's of business administration from Wilfrid Laurier University.

The board also appointed Hanny Hassan vice-chair for 2014. **MIKE DONACHIE/METRO**

Drink and feast to your heart's content

Crowds packed into the Western Fair District Thursday night for the start of the London Wine and Food Show. Among the many attractions was the range of drinks on offer by marketing and distribution agency the Kirkwood Group and, from left, Lauren Dam, Jenna Whitney and Abbey Haynes were helping to serve. The show continues Friday and Saturday. MIKE DONACHIE/METRO

Nunavut

Inquest called over record suicide year

Nunavut's chief coroner is calling a special inquiry in response to a record number of suicides in the territory last year.

Padma Suramala says 45 people killed themselves in 2013, making Nunavut's suicide rate 13 and a half times higher than the national average — a figure she calls terribly disheartening. THE CANADIAN PRESS

Liberal policy

Trudeau wary of legal prostitution

Justin Trudeau isn't endorsing a proposal to legalize prostitution, saying it's one of many resolutions to be debated at the party's national policy convention in Montreal next month.

Trudeau says he looks forward to the debate, but appears to be signalling his own views against legalization, arguing prostitution is a form of violence against women. THE CANADIAN PRESS

Cybercrime

RCMP boss: Feds not doing enough

The RCMP commissioner has warned Public Safety Minister Steven Blaney the government must do more to fight cybercrime.

In a letter, commissioner Bob Paulson argues the government needs to focus more on providing the public with information and strengthening law-enforcement. THE CANADIAN PRESS

Winnipeg

Woman stabbed by car thief: Police

A Winnipeg woman and her child weren't seriously hurt after a thief stabbed the woman and stole her vehicle Wednesday.

Police said while the woman, 30, was clearing snow off her car, a man demanded her keys. She refused, so the man stabbed her leg and took her keys. The woman managed to get her child out of the vehicle before the thief drove off.
METRO IN WINNIPEG

Trudeau admits $840 in bad expense claims

Administrative errors?
Expenses were incurred while Liberal leader was working as paid public speaker; he says money has been fully repaid

In the midst of the Senate expenses scandal, Justin Trudeau has fessed up to some expense claim transgressions of his own.

The Liberal leader disclosed Thursday that he wrongly claimed $840 in MP travel and living expenses incurred while he was actually moonlighting as a paid public speaker.

He called them administrative errors and said he fully repaid the money as soon as he was made aware of the problem.

Conservative and NDP rivals pounced on the admission, accusing Trudeau of being little better than the senators who are under RCMP investigation for making allegedly fraudulent expense claims.

But Trudeau insisted his public disclosure and swift action to remedy the mistake shows he's setting a new standard of transparency.

"I am now explaining that to Canadians because one of the most important things about my approach in politics has been creating a level of accountability, of transparency, of openness, of honesty that means admitting when mistakes were made, taking responsibility for them and fixing them in an open manner that hopefully will continue to restore Canadians' trust in our political system," he said during an appearance with a provincial Liberal byelection candidate in Thornhill, Ont.
THE CANADIAN PRESS

Liberal Leader Justin Trudeau greets people after introducing Liberal byelection candidate Sandra Yeung Racco in Thornhill, Ont., on Thursday.
NATHAN DENETTE/THE CANADIAN PRESS

Problem with alcoholics? Get them to work for beer

Fifty-year-old Karel Slinger, participant in a pilot project for alcoholics that offers to fund their drinking rather than try to cure them, pauses for beer at the clubhouse in Amsterdam, Wednesday. PETER DEJONG/THE ASSOCIATED PRESS

Tough job. Pilot project in Amsterdam has garnered worldwide attention

The men streaming in and out of a small clubhouse in east Amsterdam could almost be construction workers at the end of a hard day, cracking jokes as they down a few Heinekens, waiting for their paycheques. But it's only noon, the men are alcoholics and the beers are the paycheque.

In a pilot project that has drawn attention in the Netherlands and around the world, the city has teamed up with a charity organization in hopes of improving the neighbourhood and possibly improving life for the alcoholics. Not by trying to get them to stop drinking, but instead by offering to fund their habit outright.

Participants are given beer in exchange for light work collecting litter, eating a decent meal, and sticking to their schedule. The men must show up at 9 a.m., three days a week. They start off with two beers, work a morning shift, eat lunch, get two more beers, and then do an afternoon shift before closing out with their last beer. Total daily pay package: 19 euros (about $28), in beer, tobacco, a meal and 10 euros cash. THE ASSOCIATED PRESS

The problem

For years, around 50 rowdy, aging alcoholics had plagued a park in east Amsterdam, annoying other park-goers with noise, litter and occasional harassment.

- The city had tried many hard-handed solutions, spending 1 million euros (about $1.5 million) a year on prevention, treatment and policing programs to deal with the problem, but nobody was satisfied.

Hollande scandal. French president's alleged lover suing gossip magazine

A French actress suspected of having an affair with French President Francois Hollande has filed a lawsuit against a gossip magazine for alleged invasion of privacy over its report.

A representative of Closer magazine says the publication received legal documents Thursday from Julie Gayet and her lawyers. The lawsuit seeks 54,000 euros (about $80,000) in damages and other fees, plus the publication of a summary of any judicial ruling on its front page.

Hollande has said his "indignation is total" about the report, but stopped short of saying whether he'd sue.

Rumours have long circulated that Hollande might have a lover. The magazine Closer published images Friday showing his bodyguard and a helmeted man it says is Hollande visiting what it says is the apartment of the actress.

Hollande has been living with Valerie Trierweiler, a journalist, since he split with the mother of his four children in 2007. They are not married.

French actress Julie Gayet
THE ASSOCIATED PRESS FILE

Trierweiler is widely viewed as the reason that Hollande split from longtime partner Segolene Royal. The political couple formally separated just after Royal lost her bid for the presidency in 2007, but it later emerged that Hollande had been having an affair with Trierweiler during the campaign. THE ASSOCIATED PRESS

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Vatican grilled by UN on child sex-abuse scandal

'The Holy See gets it'. Church's former sex crimes prosecutor says there are 'things that need to be done differently'

Roman Catholic official Monsignor Charles Scicluna waits Thursday in Geneva for the start of questioning at the UN. MARTIAL TREZZINI/KEYSTONE/THE ASSOCIATED PRESS

The Vatican came under blistering criticism from a UN committee Thursday for its handling of the global priest sex-abuse scandal, facing its most intense public grilling to date over allegations that it protected pedophile priests at the expense of victims.

The Vatican insisted it had little jurisdiction to sanction pedophile priests around the globe, saying it was for local law enforcement to do so. But officials conceded that more needs to be done and promised to build on progress already made to become a model for others, given the scale of the problem and the role the Holy See plays in the international community.

"The Holy See gets it," Monsignor Charles Scicluna, the Vatican's former sex crimes prosecutor, told the committee. "There are certain things that need to be done differently." He was responding to the UN committee over the Holy See's failure to abide by terms of the UN Convention on the Rights of the Child. THE ASSOCIATED PRESS

Britain, U.S., Australia

Live webcam child-abuse ring busted

Child-abuse investigators in the U.S., Britain and Australia have dismantled an organized crime group that streamed live webcam footage of child sexual abuse from the Philippines for paying viewers around the world.

An international investigation broke up the ring, which abused impoverished children as young as six, Britain's National Crime Agency said. Authorities made 29 arrests, including 11 people in the Philippines who had facilitated the crime, including members of the children's families.

Police describe the use of webcams to stream live child abuse — especially from developing countries — as a "significant and emerging threat."

The investigation began in 2012 after a routine police visit to a registered sex offender in Britain. THE ASSOCIATED PRESS

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Western University school of kinesiology is looking for adults who are not physically active to take part in a research study to encourage people to initiate and sustain exercise behaviour.

The research study — titled Thoughts on Exercise, funded by the Canadian Institute of Health Research — is being conducted by Alison Divine, a PhD student, and Dr. Craig Hall of the Western University exercise and psychology lab.

"The study focuses on what adults who do not currently exercise actually think about exercise, particularly what they think would occur if they engage in exercise," says Divine, the study coordinator. "The majority of Canadian adults are not sufficiently active to achieve health benefits such as reduced risk of cardiovascular disease, diabetes and certain cancers."

Divine says while they know that people engage in exercise for a variety of reasons, whether it be to lose weight or to improve health, these motives or outcome expectations, combined with attitudes and the belief that one is capable of exercising, predicts exercise behaviour.

The study is seeking adults between the ages of 35 to 65 who currently do not exercise.

For more about the study or to participate, call 519-661-3211, ext. 6, or email thoughtsonexercise@gmail.com.

Spotify CEO Daniel Ek wants you to be the kingmaker

On the record.
Co-founder of music streaming service puts listener at the centre of an ever-evolving music industry

Record labels are still not big fans of Spotify. Do you have sympathy for them?

I don't think there's a single record label that has a problem with us. They've worked with us for four to five years now, and I'm sure they wouldn't partner with us if they didn't like what we do. Right now we're their second-largest revenue generator after iTunes.

YouTube content boss Robert Kyncl's vision of his site is a talent factory for ordinary people. Do you want Spotify to go in the same direction?

We don't want to become creators of music. Record labels are great partners, and by the way, artists can also upload music to Spotify on their own. What we're focusing on is getting more music uploaded so that more people can enjoy it.

One of your staff members put an unknown singer named Lorde on Spotify's playlist, turning her into an instant star. Do you want to formalize this process of Spotify as a kingmaker?

Yes, we want to help artists, but we don't want to be kingmakers. What we're about is democratizing the music industry so that your friends are your kingmakers.

Where will the money come from (to run Spotify)? At the end of the day, all these users just want things for free...

Spotify co-founder and CEO Daniel Ek. AGATA NOWICKA/ILLO.PL

I think customers will pay for quality. People are willing to pay more for an Apple product because they perceive it as being higher quality. And look at news media. You can get news for free, but even so I subscribe to the Wall Street Journal because they provide depth and analysis that I think it's worth paying for. METRO

Rockin' in the free world?

Young's criticism of oilsands criticized

Amid his aboriginal fundraising tour, rocker Neil Young is facing criticism over his comments that compared the oilsands to Hiroshima.

Before his concert in Winnipeg Thursday the federal natural resources minister called Young's remarks insulting and Saskatchewan's premier called the remarks ignorant.

THE CANADIAN PRESS

Market Minute

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STOP ME IF YOU THINK THAT YOU'VE HEARD THIS ONE BEFORE

THE METRO LIST
Paul Sullivan
metronews.ca

It's a brand new year. But for those of you who think we're getting off to a fresh start, a clean slate and all that, this week's Metro List should disabuse you of that notion. Talk About déjà vu all over again:

1 **Meryl Streep gets nominated for an Oscar.** Get out! It makes the 18th time the World's Greatest Actor (registered trademark) is nominated for an acting Academy Award. They should retire her category or something. Sorry, no more best actress category. It's now the Meryl Streep wannabe category. And the winner is ... Jennifer Lawrence, who's already been nominated three times, has one Oscar and is still only 23.

2 **Overweight politician vows to stick it to his enemies.** No, it's not Rob Ford, but New Jersey Governor Chris Christie doing his best Rob Ford imitation, denying he had anything to do with shutting down traffic on a busy commuter bridge out of spite, and complaining that his enemies are on a political vendetta. Speaking of political, Christie's final Imitation of Ford is to stand in the smoking crater of his career and believe he can get his ample bottom elected something other than dog catcher.

3 **French president has affair.** Francoise Hollande is having an affair with actress Julie Gayet. The only difference between this affair and those of former presidents such as Nicolas Sarkozy (who left his wife for supermodel Carla Bruni) François Mitterrand (who kept a second family), and Valéry Giscard d'Estaing, etc. is, er, nothing. Power is an aphrodisiac that transforms even the least favoured chef d'État. Oo-la-la. I've always wanted to write that.

4 **Rock star sticks his nose into Canadian environmental controversy.** Sir Paul McCartney took a moment with the baby seals in Newfoundland, posing with several admiring mammals on a convenient ice floe. Now Neil Young has decided to follow Macca's lead and has inserted himself into the national debate over the oilsands, the Keystone Gateway pipeline, and whatever. This is really nothing new for the iconic rock star, who's been protesting since he first picked up his guitar. Remember, he's the guy who inspired Sweet Home Alabama. Maybe somebody will write a rockin' song defending the oilsands. Maybe not.

5 **Royal couple visits Canada.** Charles and Camilla, that is. Like relatives who just can't stay away, The Prince of Wales and his Duchess will enjoy the nation's hospitality for four (more) days in May, visiting New Brunswick, Ontario and Saskatchewan, you lucky guys. They were just here in 2012. Governor General David Johnston made the announcement, adding, by way of discreet understatement, "Sharon and I are looking forward to seeing them once again, as they spend some time here in Canada." It is Charles' 17th visit, Camilla's third, so she has a lot of catching up to do.

ZOOM

'Pseudoscience' 'paints' 'a' 'picture'

COURTESY MICHAEL MAPES/ROOM62.COM

Portraits revived from 'specimens'

An artist has created collaged replicas of famous paintings using hundreds of tiny photographs, gelatin capsules, vials, sequins and insect pins.

Michael Mapes, 51, from New York state, painstakingly put together the "artificial specimens" to reimagine works by Dutch masters Rembrandt and Nicolaes Eliasz Pickenoy. METRO

'Pseudoscience' at centre of artwork

By collecting and compartmentalizing dissected photos and contrived specimens, Mapes toys with the notion of a "pseudoscientific" approach to creating art.

The 51-year-old explains to Metro that "this pseudoscientific metaphor serves as a kind of lens through which my artistic expression can be experienced in a complex and unique way." METRO

By the numbers

6,000

insect pins are used to create Mapes's unique portraits.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Zuckerberg and co. are treading even closer to Twitter's toes this week with the addition of a Facebook trending bar. Personalized topics are gathered based on FB trends along with you and your pals' apparent likes/dislikes. Here's what you might want to know:

Ads: Unlike Twitter, FB spokespeople say trending topics can't be sponsored or promoted... for now.

One liners: Trending topics include a one-liner about the topic, giving a bit more context than the one-word trends of Twitter.

Private vs. public: While most people's Twitter feeds are public, FB users seem to keep their profiles on strict lockdown, which gives Twitter a leg up in figuring out you're actually into. This means trends might be more closely linked to celebs and news outlets' likes and dislikes.

Comments

RE: Citizenship Changes Emphasize 'Speak White Ideology,' Report Finds, published online January 16

Having been through the citizenship process recently, I have to disagree with most of this think tank's findings.

The claim that applicants are tested on "economic self-sufficiency" is completely false. Moreover, barriers to citizenship are low, with only 3.6 per cent of citizenship applicants ultimately rejected. The most common reason for rejecting applicants is that they didn't live in Canada for the required three years.

The history section includes a lot about the waves of immigration that have shaped Canada, emphasizing the positive contribution of multiculturalism, pluralism, diversity and mutual respect. The overwhelming majority of applicants in my test session were non-white, and that seems to be quite normal.

The only reasonable point that the think tank makes relates to the processing delays. My application took 27 months, almost all of which involved my case file sitting in a pile waiting for someone to look at it. **Daniel Hassett, posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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Synopsis

Ex-Marine Jack Ryan is back on screen after a 12-year break, but this time he looks like Captain Kirk. As played by Chris Pine (taking over from Alec Baldwin, Harrison Ford and Ben Affleck), CIA field agent Ryan discovers evidence of an upcoming terrorist attack. Leaving his suspicious girlfriend (Kiera Knightley) behind, he is sent to Moscow to continue the investigation by Intelligence boss Agent Harper (Kevin Costner). Dodging bullets and bad guys, he encounters Viktor Cherevin (Kenneth Branagh), an evil businessman with a plot to destabilize the global economy. Steve Gow sits in for Mark Breslin this week.

- Richard: ●●○○○
- Steve: ●●○○○

Squeaky clean Chris Pine doesn't add much to an already-bland Jack Ryan tale. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Pretty dry for a film spy

Jack Ryan: Shadow Recruit. Chris Pine and a dull dialogue sink this Jack Ryan installment

Richard: Steve, Shadow Recruit is nothing fancy… and it's also nothing Clancy. As the first of the Ryan movies not based on a Tom Clancy novel, it feels quite generic. There is the usual intrigue and a couple of tense scenes, but what the movie doesn't have is the ear for dialogue of the other Ryan films. When you have a senior CIA agent muttering the line, "This is geopolitics, not couple's therapy," it's hard to know whether this is a satire of spy films or just badly written.

Steve: It certainly wasn't inspired writing, that's for sure. I get the feeling the genesis of this film came straight from a money-angling producer who somehow decided reviving a 12-year-old movie character like Jack Ryan would make better business sense than creative endeavour. The problem is, even if you look at the previous incarnations of the CIA operative — he's pretty indistinct. He's no James Bond. And vanilla Chris Pine doesn't add much to that blandness.

RC: True, but I really think that this is a case of a director with no affinity for the material. It's almost as if the movie was pieced together by people who had seen a lot of spy movies, but didn't really understand them. Add to that action scenes so frenetically edited it's often hard to see who is punching who through the flashes of light on the screen. A little clarity in those sequences would have gone a long way to make up for the ridiculous dialogue and underdeveloped characters.

SG: Absolutely. I had a hard time making sense of the action sequences since they were filmed with shaky handheld cameras in what seemed to be extreme close-up. Perhaps filmmaker Kenneth Branagh was focusing less on direction and more on playing the Russian antagonist in the film, which he does effectively enough in spite of the formulaic dialogue. Keira Knightly too, in the pretty unremarkable role of Ryan's unwitting operative wife, is fine — although I'm not sure what her attraction to the part was.

RC: Knightley was fine, but I thought Branagh played Cherevin with all the nuance of a Bond villain. He's ruthless, flamboyantly accented and super smart. Smart enough to bring down the global economy but not smart enough, apparently, to see through Chris Pine's terrible drunk act near the climax of the film.

Steve: True enough. And that probably exemplifies this film's biggest flaw. As much as the action is set at the pace of an overcaffeinated ferret, this thriller is pretty much boilerplate material with any subtle intricacies simplified for the sake of the neatly-capped plot. In the end, it's a pretty plain spy flick.

Family/Animated

The Nut Job

Director. Peter Lepeniotis

Stars. Will Arnett, Katherine Heigl

Paralleling the frenetic pace of its rodent star, The Nut Job certainly packs a lot of energy — even if the tale's slightly familiar. Based on his own short feature, Peter Lepeniotis's The Nut Job expands the story of a self-indulgent squirrel plotting the heist of a nut shop that hides its own conniving criminals. The comedy's cuddly forest creatures should surely win over the youngsters but an overactive storyline laced with predictable puns make The Nut Job mostly forgettable.

STEVE GOW

Comedy

Ride Along

Director. Tim Story

Stars. Ice Cube, Kevin Hart

Short, screechy Ben (Hart) wants to marry the sister of tough, lone-wolf police officer, James (Ice Cube). But to do so, he has to prove himself to James by riding along with him on the job. Mild amusement ensues while Ben tries to win some respect and help bag a bad guy. There's nothing particularly new, exciting or even that funny about Ride Along — and a film this formulaic really can't afford to be this dull.

REGAN REID

Sundance: Big names and small projects

Festival kickoff. Robert Redford's indie love-in attracts actors looking to flex their thespian chops

Joseph Gordon-Levitt debuted his first feature film (Don Jon) at Sundance last year. THE ASSOCIATED PRESS

As Kristen Stewart, Elisabeth Moss and Joseph Gordon-Levitt have learned, the Sundance Film Festival in the mountains of Utah is the ideal destination to get away from it all and work on that career shift.

Robert Redford's two-week celebration of independent cinema kicked off its 30th year Thursday in Park City, Utah, with a lineup that includes 117 feature films. One of them is Camp X-Ray, in which Stewart plays against type as a Guantanamo Bay guard who befriends a prisoner.

Stewart, who was last at the festival in 2010 when she was promoting her role as Joan Jett in The Runaways, says Camp X-Ray was one of the rare scripts she'd read that made her want to work again after her two-year acting hiatus following the Twilight movies.

"At my age it's difficult to find stuff that isn't completely derivative," said the 23-year-old in a recent interview. "Most parts are imitating something else that was popular."

With Snow White and the Huntsman 2 coming in 2015, Stewart's big-budget franchise days are far from over. "But it's a little bit more difficult to create the environment that I thrive in on a bigger movie," she explains. "I prefer doing smaller ones. They're quicker. I like intensive things and then I like to walk away."

For Gordon-Levitt, persistence has paid off. This will be his seventh consecutive year at Sundance and he'll be presenting the first three episodes of HitRecord on TV. It's the cable TV extension (airing on the Pivot network) of his HitRecord.org, a website dedicated to giving artists a platform to share and develop their work.

"HitRecord started at Sundance in 2005 in a way," says Gordon-Levitt. "But it was more of an informal hobby." Then, in 2010, it was launched at Sundance as an official production company.

Gordon-Levitt says the fest "feels like a home away from home," which made it the perfect place last year to debut his first feature film, the porn addiction tale Don Jon.

Looking back on a whirlwind year full of HitRecord on TV development and the success of his acclaimed debut feature, Gordon-Levitt says TV has required far more effort than film.

"Everybody already knew what to do and how to do it on Don Jon," he says. "Whereas, with making a television show with hundreds of thousands of artists from all over the world who are uploading their work on the Internet, there isn't much of a precedent of how you go about that. But it's been so rewarding."

Other actors and filmmakers have also picked Sundance as their coming out party. Last year, little-known actor Michael B. Jordan's popularity spiked when he starred in the fest's jury prize winner, Fruitvale Station. And noted documentarian Alex Gibney, returning this year with Finding Fela!, has been attending the festival for years.

Back at Sundance with two films this year, Mad Men's Elisabeth Moss stars in Listen Up Philip, a New York-based comedy about an angry writer (Jason Schwartzman) anxious for the publication of his second novel. Moss also stars in The One I Love, in which she and Mark Duplass portray a married couple on the brink of separation hoping to reconnect on a weekend getaway.

In comparison to her role as Peggy Olson on AMC's Mad Men, both films "have really different sensibilities," said Moss in a phone interview. It's an especially appealing factor for Moss, who shot the films during Mad Men's hiatus.

"I wanted to explore things that were closer to my every day."

But that doesn't mean she'll pass on another killer TV role. "There's something very fulfilling about developing a character over a period of years," she says. "But I like to do films because you do it for a few weeks or a few months and then you move on."

Moss' last trip to Sundance in 2012 was to promote the Sundance Channel miniseries Top of the Lake. Her performance won her a best actress Golden Globe award on Sunday night.

Moss says she's excited to have "the real Sundance experience" this year. "Pound the pavement and try to sell our movies," she adds. "Without wearing heels!"

THE ASSOCIATED PRESS

Quoted

"At my age it's difficult to find stuff that isn't completely derivative. Most parts are imitating something else that was popular."

Kristen Stewart on why she loves working on small, independent projects

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And they're off!

Academy Awards. American Hustle, Gravity get most nom love from Oscar

NED EHRBAR
Metro World News in Hollywood

The Academy announced its nominations for the 2014 Oscars Thursday morning, with David O. Russell's American Hustle and Alfonso Cuarón's Gravity tying for the most nominations, earning 10 each, while Steve McQueen's 12 Years a Slave was right behind with nine.

It's an incredibly crowded year, with nine films up for best picture, so voting for the final awards could go almost anyway, but we're predicting that the Hollywood Foreign Press got things almost exactly right with their major winners at the Golden Globes.

What is certain is that we'll find out what the Academy thinks on March 2.

Metro's predictions

Best picture: 12 Years a Slave

Best actor: Matthew McConaughey, Dallas Buyers Club

Best actress: Cate Blanchett, Blue Jasmine

Best supporting actor: Jared Leto, Dallas Buyers Club

Best supporting actress: Lupita Nyong'o, 12 Years a Slave

Best director: Alfonso Cuarón, Gravity

Biggest winners

American Hustle has the biggest profile in the most major categories, making it the best contender for a sweep — though that seems incredibly unlikely this year. And Judi Dench has to be pleased to make it into the Best Actress race for underdog Philomena.

Biggest losers

Certain films didn't seem to connect at all with the Academy, the most surprising being the Coen Brothers' Inside Llewyn Davis, which only earned two nods, for cinematography and sound mixing. And Saving Mr. Banks, which had been considered a contender for nominations at least for Emma Thompson and Tom Hanks, will have to make due with a best original score nod. But the biggest snub seems to be for Lee Daniels' The Butler, which wasn't nominated for a single award. Sorry, Oprah.

Her squeezed its way into the best picture race. CONTRIBUTED

American Hustle snagged 10 Oscar nominations on Thursday. CONTRIBUTED

Biggest surprises

It's definitely a treat to see Spike Jonze's quiet and fantastic Her squeeze its way into the best picture race, as well as Philomena, though neither film has that great a chance of winning the top prize. Hopefully the Academy, like the HFPA earlier this week, will award Jonze for best original screenplay as a consolation. And not seeing Academy favorite Tom Hanks nominated for anything despite well-received roles in Captain Phillips and Saving Mr. Banks is certainly a surprise, though apparently the Academy needed to make room for Jonah Hill, whom they seem to really like.

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Canuck star says cyber hybrids of Intelligence are not so far-fetched

Meghan Ory, left, and Josh Holloway of Intelligence. CONTRIBUTED

Meghan Ory. Actress who plays Riley O'Neil surmises that it won't be long before we all have chips implanted in our brains

The super-tech hero of CTV's new action drama Intelligence is always wired and always connected, thanks to the microchip implanted in his brain.

And although his globe-trotting escapades are entirely fiction, Canuck co-star Meghan Ory says the technology on display really isn't all that far-fetched. "The thing that's really cool about the show is it's not science that's 100 years in the future — we're maybe 10 or 20 years away from this being possible," Ory said during a visit to Toronto last June.

"We're getting there. And this is just sort of the first peek at what may be to come, which is what I think is really exciting. We're all going to have chips in our brains," she added, chuckling.

Former Lost star Josh Holloway returns to TV as intelligence agent Gabriel Vaughn, a human super-computer whose digital capabilities offer a reboot of sorts to the '70s drama The Six Million Dollar Man.

The Victoria-bred Ory noted the CTV/CBS series has been billed as The Six Billion Dollar Man, but said Gabriel's powers highlight all sorts of modern dilemmas about the role technology increasingly plays in our day-to-day lives.

"It brings up the question of: What is our relationship with technology? What is too much and how much invasion of privacy do we want and how much access do we want all the time?" said Ory, most recently seen on the fantasy series Once Upon a Time.

And Gabriel struggles with that constantly. "He's the most expensive weapon that's ever been built, anything with an electronic signature he can access with his brain, so he's very powerful but he's also a human," Ory noted. "He's led by his emotions and that makes him a little bit unpredictable and he's a bit reckless. He doesn't like to follow the rules and that's where (my character) comes in because (she's) very by the book."

The 31-year-old Ory plays Riley, a whip-smart secret service agent who is brought on to protect the intelligence agency's biggest investment. And though she seems green, there's more to her than meets the eye, said Ory.

Watch it...

- Intelligence airs Mondays at 10 p.m. on CTV.

"She's been through some stuff, she's a tough cookie and she knows how to handle herself."

Their tense relationship offers a bit of humour and extra drama to the weekly missions, added Ory. And since every superhero needs a worthy adversary, she promised there will be a "supervillain" to challenge Gabriel's unique abilities.

Intelligence joins a slew of other specially enhanced crime-fighters already on the small screen, including the espionage experts of Marvel's Agents of S.H.I.E.L.D., the part-robot cop and his android partner in Almost Human and the super-powered kids on The Tomorrow People. THE CANADIAN PRESS

THESE PAGES COVER MOVIE START TIMES FROM FRI., JAN. 17 TO THURS., JAN. 23 TIMES ARE SUBJECT TO CHANGE.

Hyland Cinema 240 Wharncliffe Road South

The Book Thief (PG) Fri 2:30 Sat 4:45 Sun 2:30 Mon 6:45 Tue 2:30 Wed 9 Thu 2:30
The Broken Circle Breakdown (18A) Fri 7 Sat-Mon 9:15 Tue 5 Wed 2:30 Thu 9:15
Dallas Buyers Club (18A) Fri 9:10 Sat 2:30 Sun 7 Mon 2:30 Tue 9:15 Wed 6:45 Thu 5
Philomena (PG) Fri 12:30-5 Sat 12:30-7:15 Sun 12:30-5 Mon 12:30-4:45 Tue 12:30-7:15 Wed 12:30-4:40 Thu 12:30-7:15

Rainbow Cinemas London 355 Wellington St.

American Hustle (14A) Fri-Thu 12:55-3:50-6:55-9:40
August: Osage County (14A) Fri-Thu 1:10-3:45-7-9:30
Frozen (G) Fri-Thu 1-3:30-6:45
Her (14A) Fri-Thu 1:15-3:55-7:10-9:45
The Hobbit: The Desolation of Smaug (PG) Fri-Thu 1:20-6:50
Jack Ryan: Shadow Recruit (PG) Fri-Thu 12:50-3:25-7:15-9:35
The Nut Job (PG) Fri-Thu 1:05-3:20-7:05-8:55
Paranormal Activity: The Marked Ones (14A) Fri-Thu 9:55
The Wolf of Wall Street (18A) Fri-Thu 9

Western Film Room 340, UCC Building, Argo (14A) Fri-Thu 9:50

Captain Phillips (14A) Fri-Thu 7
Kill Bill: Vol. 1 (R) Fri-Sat 12
Kill Bill: Vol. 2 (18A) Fri-Sat
Thor: The Dark World (PG) Fri-Thu 9:35

Wellington 8 Cinemas 983 Wellington Rd. S,

Devil's Due (14A) Fri-Sun 1:20-4-7:10-9:45 Mon-Thu 5:40-8:15
The Hobbit: The Desolation of Smaug (PG) Fri-Sun 12:45
The Hobbit: The Desolation of Smaug 3D (PG) Fri-Sun 4:15-8:10 Mon-Thu 7:40
Jack Ryan: Shadow Recruit (PG) Fri-Sun 1:15-3:50-7-9:35 Mon-Thu 5:30-8:10
Lone Survivor (14A) Fri-Sun 12:50-3:40-6:45-9:40 Mon-Thu 5:15-8:20
The Nut Job (PG) Fri-Sun 3:20
The Nut Job 3D (PG) Fri-Sun 1-6:40-9:10 Mon-Thu 5:10-7:45
Ride Along (14A) Fri-Sun 1:10-3:45-6:50-9:20 Mon-Thu 5:20-7:50
Saving Mr. Banks (PG) Fri-Sun 12:40-3:30-6:30-9:25 Mon-Thu 5-8
The Wolf of Wall Street (18A) Fri-Sun 12:30-4:10-8 Mon-Thu 7:30

Cineplex Odeon Westmount & VIP Cinemas 755 Wonderland Road South

American Hustle (14A) Fri 4:10-7:10-10 Sat-Sun 1:10-4:10-7:10-10 Mon 8 Tue 4:10-7:10-10 Wed-Thu 8
August: Osage County (14A) Fri 1:20-4:10-7-9:50 Sat-Sun 12:30-4-7-9:50 Mon 6:40-9:55 Tue 3:50-7-9:50 Wed 1:20-6:40-9:55 Thu 6:40-9:55
Star & Strollers Screening Wed 1
Bolshoi Ballet: Jewels (STC) Sun 12:55
Devil's Due (14A) No Passes Fri 1-3:15-5:30-7:45-10:25 No Passes Sat-Sun 1:15-3:30-5:45-8-10:30 No Passes Mon 7:20-9:35 No Passes Tue 4-7:45-10:25 No Passes Wed-Thu 7:20-9:35
Frozen (G) Fri 1:10 Sat-Sun 12
Frozen 3D (G) Fri 4:30-7:10 Sat 1:30-4:30-7:10 Sun 4:10-6:50 Mon 6:50 Tue 4:20-7:10 Wed-Thu 6:50
The Hobbit: The Desolation of Smaug 3D (PG) Fri 3:15-6:40-10:20 Sat 12:20-3:15-6:45-10:25 Sun 12:20-3:15-6:45-10:20 Mon 6:30-9:15 Tue 3:30-6:40-10:20 Wed-Thu 6:30-9:15
The Hunger Games: Catching Fire (PG) Fri 9:20 Sat-Sun 9:40 Mon 9:25 Tue 9:20 Wed 1:10-9:25 Thu 9:25
Jack Ryan: Shadow Recruit (PG) No Passes Fri 1:45-4:45-7:30-10:10 No Passes Sat-Sun 12-2:30-5:10-7:45-10:20 No Passes Mon 7:10-9:45 No Passes Tue 4:45-7:30-10:10 No Passes Wed 1:30-7:10-9:45 No Passes Thu 7:10-9:45
Lone Survivor (14A) Fri 1:30-4:20-7:20-10:15 Sat 1:45-4:40-7:35-10:40 Sun 1:45-4:40-7:35-10:30 Mon 6:50-9:40 Tue 4:25-7:20-10:15 Wed-Thu 6:50-9:40 Fri 3:50-6:40-10:25 Sat-Sun 12:45-3:40-6:40-10:25 Mon 8:30 Tue 3:50-6:40-10:20 Wed-Thu 8:30
The Nut Job (PG) Fri 1 Sat-Sun 12:40
Star & Strollers Screening Wed 1
The Nut Job 3D (PG) Fri 1:30-4-6:50-9:45 Sat 2:50-5:05-7:20-9:45 Sun 2:50-5:05-7:20-9:30 Mon 7-9:30 Tue 4:35-6:50-9:45 Wed-Thu 7-9:30
The Wolf of Wall Street (18A) Fri 2:30-6:20-10:05 Sat 2:40-6:30-10:15 Sun 2:35-6:20-10:05 Mon 8 Tue 3:40-6:20-10:05 Wed-Thu 8 Fri 6:10-9:30 Sat-Sun 2:15-6:10-9:30 Mon 7:30 Tue 6:10-9:30 Wed-Thu 7:30

SilverCity London 1680 Richmond St

American Hustle (14A) Fri 1:45-4:50-7:55-10:50 Sat 1:35-4:30-7:45-10:50 Sun-Mon 1:15-4:20-7:25-10:15 Tue 1:15-4:20-7:25-10:20 Wed 4:20-7:25-10:20 Thu 1:15-4:20-7:25-10:20
Star & Strollers Screening Wed 1
Anchorman 2: The Legend Continues (PG) Fri 4:05-7:05-9:55 Sat 4:15-7:05-9:55 Sun-Mon 4:05-7:10-9:55 Tue 4:15-7:10-9:55 Wed-Thu 4:05-7:10-9:55
Frozen (G) Fri 1:15 Sat 11:05 Sun-Mon 1:15 Tue 12:40 Wed-Thu 1:15
Frozen 3D (G) Fri 3:35-5:55-8:15 Sat 1:30-4:10-7:15 Sun-Mon 3:35-5:55-8:15 Tue 4:10-7 Wed-Thu 3:35-5:55-8:15
The Golden Compass (PG) Sat 11
Her (14A) Fri 1:40-4:25-7:35-10:30 Sat 1:40-4:25-7:40-10:20 Sun-Thu 1:40-4:25-7:35-10:30
The Hobbit: The Desolation of Smaug 3D (PG) Fri 1-4:15-7:40-10:50 Sat 12:15-3:50-7:35-10:45 Sun-Mon 12:30-3:45-7-10:10 Tue 12:35-3:45-6:55-10:05 Wed-Thu 12:30-3:45-6:55-10:05
The Hunger Games: Catching Fire (PG) Fri 1:10-4:10-7:25-10:20 Sat 11:15-3:30-7:25-10:20 Sun-Wed 1:10-4:10-7:20-10:20 Thu 1:10-4:10-7:05
I, Frankenstein 3D (PG) Thu 10
Inside Llewyn Davis (14A) Fri 10:40 Sat 10:15 Sun-Mon 10:35 Tue 10:30 Wed-Thu 10:35
Jack Ryan: Shadow Recruit — The IMAX Experience (PG) No Passes Fri 12:55-4-7:20-10:15 No Passes Sat 11:20-1:50-4:20-7:20-10:15 No Passes Sun-Thu 12:25-3:05-5:35-8:05-10:35
Lone Survivor (14A) Fri 1:20-4-7-10:05 Sat 12:10-2:50-5:30-8:10-10:50 Sun-Mon 1:20-4-7:05-10:05 Tue 12:45-4-7:05-10:05 Wed 1:20-4-7:05-10 Thu 1:20-4-7-10:05
The Metropolitan Opera: Falstaff - Encore (STC) Sat 12
Paranormal Activity: The Marked Ones (14A) Fri-Sat 2:05-4:05-6:05-8:05-10:35 Sun-Thu 1:45-3:45-6-8-10:15
Ride Along (14A) No Passes Fri 1:05-3:30-5:55-8:20-10:45 No Passes Sat 11:45-2:20-3:55-6:55-10:40 No Passes Sun-Thu 12:25-2:50-5:15-7:40-10:10
Saving Mr. Banks (PG) Fri 1:50-4:40-7:30-10:25 Sat 4:45-7:30-10:25 Sun-Tue 1:50-4:40-7:30-10:25 Wed 4:40-7:30-10:25 Thu 1:50-4:40-7:30-10:25
Star & Strollers Screening Wed 1
Walking With Dinosaurs (PG) Fri 1:25 Sat 11:40-2 Sun-Tue 1:25 Wed 1:15 Thu 1:25
The Wolf of Wall Street (18A) Fri 1-4:45-8:30 Sat 11:15-3-7-9:20 Sun-Mon 12:45-4:30-8:20 Tue 12:30-3-6:50-9:20 Wed-Thu 12:45-4:30-8:20

Breaking the silence of the drug science

Meth recipe. You can't make Walter's famous 99 per cent pure just based on what's shown onscreen — still, one chemist is impressed

SCOTT FOX
Metro World News

If you're still missing out on the hit TV series Breaking Bad, why not pay your own tribute by manufacturing some 99 per cent pure using the onscreen recipes? Not so fast, says electrochemist Dr. Falk Harnisch of the Helmholtz Centre for Environmental Research in Germany, who has examined the chemistry used by Walt, Jesse et al.

What is the most impressive science on the show?

In general, the chemistry is depicted very well and close to reality in Breaking Bad. This is in clear contrast to other shows like, for example, CSI. My favourite, as an electrochemist, is the makeshift battery Walter builds in the desert to restart the engine of the RV.

What efforts have been made on the show to avoid inspiring drug dealers?

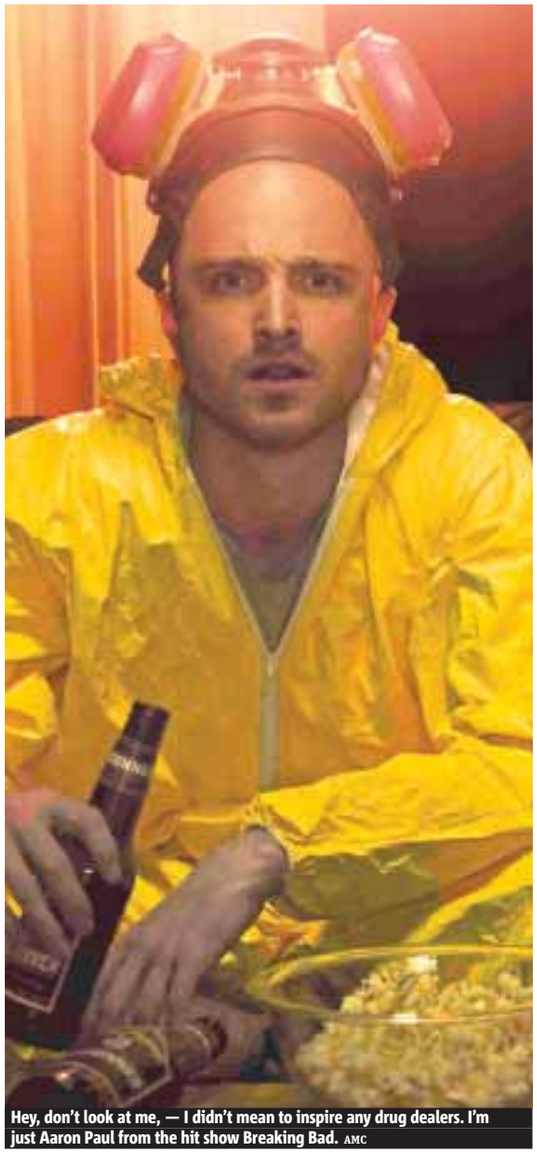
The best example is that the crystal synthesis is shown very realistically, but important details are not discussed. It is not entirely clear which sources Jesse gets certain ingredients for the new synthesis from (e.g. thorium oxide catalyst). Mercury aluminium amalgam can be used as a catalyst for the reduction, as discussed by Walter and Jesse, but only shows how aluminium granulate is added to the reactor. Further the synthesis is shown in a visually appealing manner, but details like temperature-time regimes, concentrations, and stirring are not considered. Yet all these details are essential for a successful synthesis.

What can the show's impact be for chemistry and science?

I strongly hope that the show will provide the public a more realistic picture on what chemistry can do and how chemists work. Maybe it will also inspire young people in choosing chemistry and other natural sciences as a job opportunity.

Do you believe professional chemists can improve illegal drug markets?

We have no practical or personal experience in the drug business. However, from the health perspective it should be preferable to have pure substances. This could be achieved for some drugs in general by a legally controlled drug delivery, where quality standards also have to be obeyed. Yet, as far as I know the effects of crystal meth are so severe that legalizing is certainly no option.



Hey, don't look at me, — I didn't mean to inspire any drug dealers. I'm just Aaron Paul from the hit show Breaking Bad. AMC

How I Met Your Mother finale will 'tie it all together' for fans

Ending in March. Cast of long-running sitcom is already emotional — and eyeing up props to take as souvenirs

All good things come to an end: The show's leading men, from left, Josh Radnor, Neil Patrick Harris and Jason Segel.

In this memorable episode Barney (Neil Patrick Harris) and Abby (guest star Britney Spears) realize that they have one thing in common — their mutual hatred of Ted (Josh Radnor) — so the "couple" decides to go to the bar to flaunt their new relationship in Ted's face. BOTH IMAGES CONTRIBUTED

Cristin Milioti was the first to tear up. "I don't know why I'm crying, I have no right to cry," she said when asked about the relationships she had developed on How I Met Your Mother as the newest cast member.

"These guys had been together for nine years, so it was very scary about how I would be accepted, but it couldn't have been more wonderful."

Milioti was cast as the mother at the end of season eight. But her tenure will end in weeks. In its ninth and final season, How I Met Your Mother airs its grand finale March 31.

And there will be plenty more tears among cast and crew as the long-running show winds down.

"It's been the nicest place to come for nine years," said Jason Segel (Marshall Eriksen), sitting on the set that serves as the living room for the apartment he shares with wife Lily (Alyson Hannigan).

"This is the longest time I've spent with people outside my own family. You watch people go through some serious life stuff."

Said co-creator Craig Thomas: "It's surreal that the end is coming. I think it's only really going to hit us when it's really over."

The show premiered on CBS in 2005, detailing the lives of friends in Manhattan.

It revolves around Ted Mosby (played by Josh Radnor) narrating to his children through a series of flashbacks about how he met their mother.

Co-creator Carter Bays says the final episodes will "tie it all together in a package" for fans.

"We will also fill in the eight years in the life of the mother. There are a lot of fun intersections in her life and our gang, so we'll see more of her and learn more about her," said Thomas.

Neil Patrick Harris (Barney Stinson) says the ending is "More complicated than you would assume."

Meanwhile, the toughest battle seems to be who claims dibs on the props when the show wraps up.

"It's been a touchy subject. (Co-creator) Carter is taking everything," said Hannigan. "He's like taking an entire wall of the set."

Bays said he didn't think he'd be emotional about the props. But with the show winding down, he's been getting needy.

"You say you don't need it. And then you start thinking you do need some stuff," said Bays.

With the end in sight, the show has already hit some speed bumps, most recently with an episode that featured a homage to kung fu movies where Segel's character Marshall travels to China to meet with three characters out of a kung fu movie played by Radnor, Cobie Smulders (Robin Scherbatsky) and Hannigan.

The cast members' accents and makeup sparked a firestorm on Twitter for what some perceived as racist overtones. Bays and Thomas responded with an apology, saying: "We're deeply sorry, and we're grateful to everyone who spoke up to make us aware of it. We try to make a show that's universal, that anyone can watch and enjoy. We fell short of that this week and feel terrible about it. To everyone we offended, I hope we can regain your friendship and end this series on a note of goodwill."

TORSTAR NEWS SERVICE

Bonding

"It's been the nicest place to come for nine years. This is the longest time I've spent with people outside my own family. You watch people go through some serious life stuff."

Jason Segel, who plays Marshall Eriksen, on what it's been like spending nearly a decade working on one show

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Transgender actress hopes Brave New Girls will send message of acceptance

Jenna Talackova.
New Canadian reality TV series explores lives of 'regular girls trying to make it'

Transgender model and former Miss Universe Canada contestant Jenna Talackova, centre, with cast members Dajana Radovanovic, right, and Angela Perry star in the new television show Brave New Girls. NATHAN DENETTE/THE CANADIAN PRESS

After taking on tycoon Donald Trump and becoming an advocate for equal rights as the first transgender Miss Universe Canada contestant in 2012, Jenna Talackova was swimming in offers promising fame.

"I was pitched many shows when I was in L.A.," the statuesque, six-foot-one blonde said in a recent interview. "My agent kept sending me down there and it just didn't align with my personality.

"Dating shows and all these kinds of things — it wasn't the message I was trying to give out to the world and so I lost a lot of confidence."

The 25-year-old did like one show idea — one in which she would train to become a Victoria's Secret model, a longtime goal of hers — but it didn't work out.

And then she met the producers of E's new original Canadian series Brave New Girls, which premieres Sunday at 10 p.m. EST.

Talackova said she wanted to star in the reality series because it's Canadian and offered the chance to move from Vancouver to Toronto to pursue her dreams of modelling and acting.

"I just hope I make it more socially acceptable for anybody that's different from society's kind of person," said Talackova, who decided to fully transition into a woman at age 14 and had sex reassignment surgery at age 19.

"So I hope this show sends that message — to accept people for who they are."

The show also stars Talackova's friend Dajana Radovanovic, a model who's finishing her criminology degree and wants Talackova to focus on her goals. Also featured is her more free-wheeling cousin Angela Perry, who wants her to loosen up.

Perry wanted to be on the show to support what she felt was a positive message and "a way to promote understanding and acceptance."

"We're not in medieval times anymore," she said.

Radovanovic felt it was "an amazing platform" for young women and people from all walks of life.

"Just to see Jenna living a regular life like everybody else, that's probably the main message, and just to see that we're all just regular girls trying to make it."

It's not a smooth road, though. In the premiere of the half-hour, eight-episode series, Talackova expresses interest in an apartment but agents for the building express concern about her "profile." Her history also scares off a guy at a bar.

"This is just such a little problem with what transgendered women go through," said Talackova, who was originally barred from competing in Trump's Miss Universe Canada because of her gender at birth. After threatening to take Trump to court, she was allowed in and placed in the Top 12.

"My good friend (transgender actress) Laverne Cox was recently on the Katie Couric show and she was just brilliant. She was talking about all the injustice going on with transgendered women and all the hate crimes, all the murders every other day in America, and that's really what matters," added Talackova.

"Me getting discriminated against when it comes to finding an apartment is so little compared to what's really going on with transgendered women. So I just hope that we can keep shedding light on these kind of issues."

Talackova admits she's been uncomfortable with being identified by the word "transgender" in the past, and she doesn't want it to be her "hook" as she tries to make it in show business.

"But through this show, it kind of made me comfortable with who I am, and if I can help one person, then I'm living my purpose," she said. "It's not that I don't want to be associated with it, it's part of my life, I just think I've worked so hard to transform myself."

Brave New Girls will also see the stars travel to New York, Los Angeles and Las Vegas.

Talackova said viewers will also get to see her dating a guy she's interested in.

She says her relationship status is "all over the place" these days as she finishes her holistic nutrition studies in Vancouver.

She also hopes to one day publish a beauty guidebook and wants to model for Sports Illustrated and Victoria's Secret. And she's hopeful for a second season of Brave New Girls.

"I'm OK with opening up about what I've been through, how I've transformed myself, because people usually are interested in my genitalia and whatnot, and I'm OK with that," she said.

"As long as they come to me in a respectful manner and they're coming from a place with integrity, then I'm OK with exposing it all and telling them my story."

THE CANADIAN PRESS

Quoted

"What a person doesn't understand they usually become scared of ... I've got to realize that by telling my story, exposing my life, that I'm making it socially acceptable for all the younger women, transgendered women, out there."

Jenna Talackova

Transgender actress

Orange is the New Black star scores book deal

Laverne Cox, who plays Sophia on the Netflix hit Orange is the New Black, recently scored a book deal with Harlequin to tell the true story of her life as a transgender actress. "By sharing my full, unvarnished story ... I hope to provide a voice and safe place for those who have suffered because of their race, class, gender, abuse and trauma," she says. METRO WORLD NEWS

THE CANADIAN CLUB OF LONDON

Richard Peddie was President and CEO of *Maple Leaf Sports and Entertainment* for fifteen years until his retirement in 2012, overseeing all business and team operations related to the *Maple Leafs, the Raptors, Toronto FC, the Marlies,* the operations of the *Air Canada Centre*, the organization's two television channels and *Maple Leaf Square.*

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Benedict's sex appeal a mystery to Sherlock producers

THE WORD
Dorothy Robinson
scene@metronews.ca

Are you surprised Benedict Cumberbatch is the hunk that Tumblr says he is? So are the producers of Sherlock, who hired him.

Sherlock showrunner Steven Moffat and producer Sue Vertue, who cast the thespian in the role, didn't believe he could be regarded as, well, sexy.

"When we first cast him, people were saying, 'You promised us a sexy one!'" remembers Vertue as part of this week's Entertainment Weekly cover story. "People weren't thinking of Benedict in that light at all."

His name also didn't help. "When people said, 'Who's playing Sherlock Holmes?' and we'd say, 'Benedict Cumberbatch,' everyone looked very vague," recalls Vertue. "Then we'd always have to spell his name."

Everyone had their doubts before the first episode aired. "For me, it is a winter show," says Cumberbatch. "It's not something you watch when you've got the dying light on the hottest day. So I was a bit despondent," he recalls.

But after the debut — and when he saw how quickly social media latched onto the BBC drama — Cumberbatch realized his life was going to change forever. "The immediate response was exciting," he says. "My name: trending, trending, trending. I didn't even know what 'trending' was before that night."

"After the first episode," added Vertue, "we never had to spell his name."

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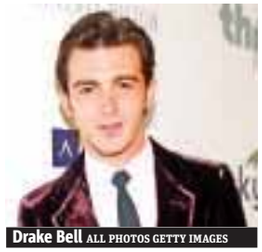


Drake Bell ALL PHOTOS GETTY IMAGES

Bell's anti-Justin tweets chime online as Beliebers battle back

Apparently Drake Bell didn't learn his lesson the last time he started taunting Justin Bieber online, as the former Disney star is at it again, taking to Twitter to blast Bieber after his house was raided and his pal, Lil Za, was arrested for drug possession. "How much are you paying Lil Za to take the coke (rap) for you? Be a man and take responsibility. Learn to be an adult," Bell tweeted. He also called Bieber "talentless," prompting Bieber's friends and fans to strike back in defense, finding Bell's alleged phone number and address and posting it online.

Michelle Obama

Nothing plastic about Michelle's women's lib message on her 50th

Michelle Obama turns 50 today, so People magazine asked her about plastic surgery. While the First Lady hasn't had any work done — and doesn't have plans for any — she's not taking the option off the table. "Women should have the freedom to do whatever they need to do to feel good about themselves," she says. "Right now, I don't imagine that I would go that route, but I've also learned to never say never."

Miranda Kerr and Orlando Bloom

Orlando and Miranda's Bloom-ing friendship is the perfect break-up story

And the award for friendliest breakup goes to ... Miranda Kerr and Orlando Bloom. The pair called it quits last year and share custody of three-year-old son Flynn, and they've been spotted out and about being chummy plenty since the separation was announced. They even hit up the same Golden Globes after-party together last weekend. "We're good friends despite being separated," Kerr tells People magazine. "And we want the best for each other."

Twitter

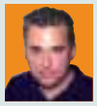
@ralphmaccio
My knee jerk — Paul Greengrass snubbed. Beautifully directed Captain Phillips. & No Tom Hanks — don't get me started. Congrats 2 nominees.

@TheEllenShow
The #Oscars theme is movie heroes! Glad they specified the "movie" part. First I thought it was about sandwiches. That'd also be a good one.

@mindykaling
"My movie's set in that strange 20 minute window of time when the moon and sun are both up at the same time, and everyone becomes murderers"

Liquid Assets

Grape stuff by candlelight



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca
facebook: therealwineguy

Hunkering down indoors with family, food and a few bottles of wine has become a winter tradition in Canada.

While power outages may put a damper on your culinary ambitions, you can still explore new grape varieties by candlelight.

Spain's eclectic collection of berries is mostly indigenous. Though some aren't that easy to warm up to, garnacha (or grenache as it's known in France) meets most palates in the middle.

With a ripe, rounded fruit expression and, depending on the age of the vines, a bright, naturally berry sweet flavour, Spanish garnacha is a true bridge between the old and new wine worlds.

I predicted its 2014 popularity in a column earlier this month, and if you need confirmation, fill your mouth with Bodegas San Alejandro's 2010 Las Rocas Garnacha ($14.99 - $19.90).

Made in the Calatayud region in the province of Zaragoza's southwestern corner, its soothing, black-fruited body cruises to a finish of dark spice, tannin and subtle oak. Try with seasonal dishes like stew and meaty chili — if you have electricity.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

This recipe makes 12 rolls. MATTHEW MEAD/ THE ASSOCIATED PRESS

Take fresh spring rolls in a fowl direction

Appetizer. Typically made with shrimp and vegetables, this version adds chicken

When paired with crunchy jicama, carrots and cucumber, the chicken shines as a spring roll filling.

Ingredients

Dipping sauce
- 1/4 cup each smooth natural peanut butter and apricot jam
- 2 tbsp each soy sauce and rice or cider vinegar
- Hot sauce, to taste

Spring rolls
- 2 oz dried bean or rice thread noodles
- 1/2 English cucumber, peeled and halved lengthwise
- 4-oz peeled jicama root
- 12 large rice-paper wrappers (8-inch round or larger)
- 1/2 cup shredded carrots
- 2 avocados, pitted and thinly sliced
- 1 lb cooked boneless, skinless chicken breast meat, pulled or cut into strips
- 12 large fresh mint leaves

1. Dipping sauce: In bowl stir together peanut butter, jam, soy sauce and vinegar. Season with hot sauce, then set aside.

2. Place noodles in bowl. Cover with hot water. Soak 5 minutes, or until softened. Drain in mesh strainer; set aside.

3. Use spoon to scrape out and discard the seeds from cucumber halves. Cut each piece into thin strips. Set aside. Cut jicama into thin slices, then cut each slice into thin matchsticks.

4. Fill bowl (at least several inches larger than the rice wrappers) with warm water. Soak 1 wrapper until just barely softened, 10 seconds. Carefully remove the rice wrapper from the water and lay flat on the counter. Place a small bundle of noodles along one edge of the wrapper. Top the noodles with a bit each of cucumber, jicama, carrots, avocado and chicken, then top with a mint leaf.

5. Roll the wrapper, starting with the filling side, folding the ends over the fillings as you roll to form a tight cylinder. Repeat with the remaining wrappers and fillings. Serve with the dipping sauce.

THE ASSOCIATED PRESS

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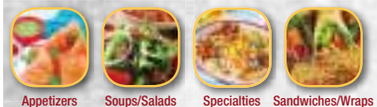

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Modern play spaces can be cool, contemporary and kid-friendly

Weekend project. If you want a space for your kids that reflects your design esthetic, here are some ideas

Mod mad

Lots of decor from the '60s and '70s works well in a play space: mod lamps, modular furniture, pop art, and fun, space-age prints for wallpaper and textiles. Hues popular back then — orange, yellow, teal, green, white — add energy to furniture, cushions and rugs.

Check out modshop1.com and designpublic.com for pieces — many of them kid-size — that fit the style.

For a low-key look that still fits the esthetic, think smooth-edged Danish modern wood furniture. Armless upholstered club chairs look smart and are perfect for lounging; find new ones at overstock.com and vintage ones on etsy.com.

Accent with Mad Men-era posters or toy ads, and add floor pillows covered in patterns drawn from the era. Soothing hues like umber, avocado, mustard and sky blue keep the energy relaxed.

Industrial chic

Rooms with an industrial feel — warehouse-grade tables and storage, furniture and decorative elements with a rugged look — appeal to many kids, who sense they can let loose in these spaces. And the style's on trend, so it's easy to do.

Neutral colour palettes mixing whites, greys and browns work for either gender. Look for ceiling lights caged in metal, riveted furniture, and repurposed machine-shop elements such as gear pieces, tools and signage. A galvanized-iron, locker-style dresser makes great storage (pbteen.com).

Rugged-looking play tables offer surfaces for messy art and often offer great storage for toys and games (rhbabyandchild.com).

Exploration location

Animals, trees, and sky or earth elements can inspire children to be creative in play spaces, and many contemporary pieces appeal to both kids and adults. At stardust.com, find the Zuo Modern Phante chair, a version of Eames' iconic, polypropylene, elephant-shaped chair.

Ocean Sole's animal sculptures made out of scavenged flip flops would be inspiration for indoor adventures — rhinos, giraffes and lions come in sizes up to about five feet long. (thespotteddoor.com; piqproducts.com)

THE ASSOCIATED PRESS

While offering functional storage and ample room to get creative, this play table from RH Baby & Child will also appeal to families that want recreational spaces to blend in with the rest of the home. RH BABY & CHILD/ THE ASSOCIATED PRESS

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MLB

Rays value Price at $14M a year

Three-time AL All-Star David Price and the Tampa Bay Rays have agreed to a $14 million, one-year contract, the highest single-season salary in franchise history.

The 2012 Cy Young Award winner has been the subject of trade speculation after going 10-8 with a 3.33 ERA last year while earning $10,112,500. He is eligible for free agency after the 2015 season.

THE ASSOCIATED PRESS

Minor league deal

Jays bring in utility man Getz

The Toronto Blue Jays have agreed to terms with infielder Chris Getz to a 2014 minor league contract with an invitation to attend major league spring training.

Getz, 30, spent last season with Kansas City Royals, batting .220 with one home run, 18 RBIs and 16 stolen bases in 78 games. THE CANADIAN PRESS

Eyes on Sochi

"The power of the mind is very strong and I've really come to understand that right now. This is another step closer."

Steven Stamkos, who practised with his Tampa Bay Lightning teammates on Thursday. A member of Canada's Olympic team, Stamkos remains confident he will be healed from a broken right shin in time to play in Sochi.

Domi has first fight, as Knights cruise

OHL. Last-place Kitchener Rangers put up little resistance vs. London club with burr under its saddle

DAVE LANGFORD
dave.langford@metronews.ca

The Knights' Brady Austin and the Kitchener Rangers' Curtis Meighan scramble for a loose puck during Thursday's game at Budweiser Gardens. ANGELA MULLINS/METRO

Losing three games in a row never sits well in London Knights land. At least not in the Hunter era.

And there were no ready-made excuses to be had, such as so-and-so is hurt, so-and-so is at the world juniors or so-and-so is suspended. Besides, they won more often than not when all those circumstances were available for use when required.

So when the recent weekend road trip to Guelph, Saginaw and Sault Ste. Marie resulted in 5-3, 2-0 and 5-4 losses, it was time to get down to business.

"We don't accept losing here. So it's kind of a little wake-up call for us and we are ready to go this weekend," said Knights centre Bo Horvat, who was working on behalf of Canada at the world juniors.

Ready they were as they began a three-games-in-four days stint Thursday with a 6-2 victory over the last-place Kitchener Rangers in an Ontario Hockey League game before 8,983 spectators at the Budweiser Gardens.

The game featured Max Domi's first career OHL fight. He won, by the way. London is at home again Friday against the Saginaw Spirit and then travel to Mississauga on Sunday for a 2 p.m. start against the Steelheads.

Chris Tierney scored twice and Brent Welychka, Ryan Rupert, Josh Anderson and Matt Rupert each had one for the Knights. Anderson's goal came on his third breakaway. Justin Bailey and Mike Davies scored the Kitchener goals.

Meanwhile, Horvat admitted it took some time to adjust to the smaller North American ice after the world juniors.

"Playing on the smaller ice for the first time was a little bit different, took a little adjustment, but it wasn't the weekend we wanted," Horvat said. "We've just got to learn from it, regroup and then come out strong this weekend."

It appears they did just that.

On Thursday

Knights	Rangers
6	2

Sitting with the big kids

London Knights centre Bo Horvat has been added to the head table for the Rogers Sports Celebrity Dinner and Auction on Monday, Feb. 3, at the London Convention Centre.

- Horvat said it will be his second head-table appearance at the dinner. He joins his bosses, head coach Dale Hunter and general manager Mark Hunter, at the head table.

4 SPORTS

OVERTIME
with Micheal Ray Richardson
Get the inside track on the London Lightning as Metro's Dave Langford chats with coach and former NBA star Micheal Ray, every Wednesday at metronews.ca
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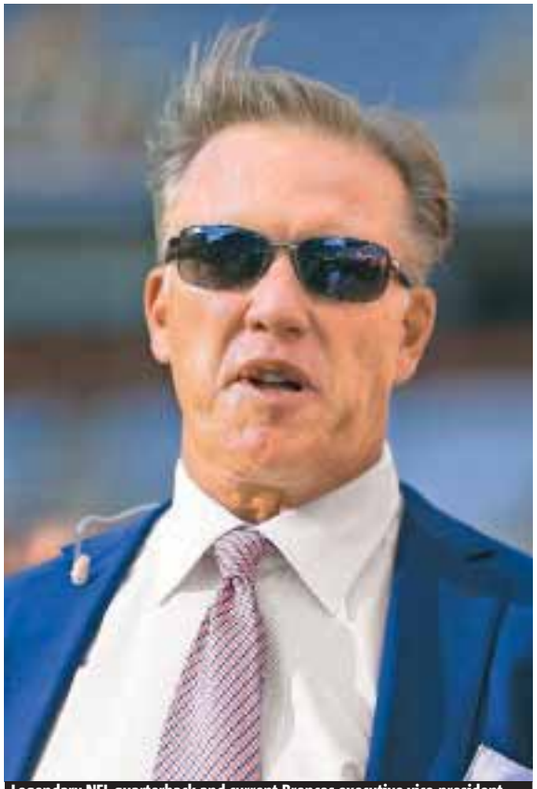


Legendary NFL quarterback and current Broncos executive vice-president John Elway expects to see Peyton Manning in the NFL next year.
DOUG PENSINGER/GETTY IMAGES

Elway on Manning retirement: QB still young, playing well

NFL playoffs. Broncos legend says he'll meet with star after playoffs to discuss his future

John Elway doesn't see Peyton Manning riding off into that orange Rocky Mountain sunset the way Elway did 15 years ago if the Denver Broncos quarterback caps his record-setting season with a second Super Bowl ring.

Elway's body was breaking down, having been sacked 516 times — 244 more than Manning has been in about the same number of games.

"I still think he's young and he's playing well," Elway, now the Broncos' executive vice-president, said Thursday of his quarterback, who's coming off his best statistical season just two years removed from neck problems that weakened his throwing arm. "That's going to come down to Peyton. It's going to come down to what he wants to do."

Manning has given no indication that he's anywhere near calling it quits at age 37, although he has dropped phrases lately like "light at the end of the tunnel" when talking about his career.

Elway takes that to mean Manning knows that whenever he does walk away, these are the days he'll look back on.

Manning is preparing to lead the Broncos (14-3) against Tom Brady and the New England Patriots (13-4) Sunday in the AFC championship.

Elway said he'll meet with Manning after the season to talk about his future. But the four-time MVP, who will likely have No. 5 soon, certainly doesn't seem to be wringing the last Sundays out of his battered body like Elway was doing back in 1998. After all, Manning has thrown for 97 touchdowns in his two seasons in Denver, including an NFL-record 55 this season.

"When you leave this game, you want to leave it on your last leg and try not to leave anything on the table ... " said Elway.

THE ASSOCIATED PRESS

NFL royalty

> **"There is a fraternity and there is a closeness among quarterbacks."**
> **Former Broncos quarterback John Elway** on his relationship with Peyton Manning

NFL playoffs

The curse of McDaniels

For a brief time, Josh McDaniels was a celebrity in Denver and he played the part with gusto — running to the corner of the stadium after his first signature win and pumping his fists at the crowd to celebrate.

The fun ended almost as quickly as it began.

And less than five years after that big win over New England vaulted the Broncos to an unexpected 5-0 record, the name "Josh McDaniels" stirs up far more angst and anger in Denver than those of the men he beat that day, Bill Belichick and Tom Brady.

"I ain't got nothing to say about him," says Broncos defensive lineman Robert Ayers, a first-round draft pick during the two-year McDaniels era that fans would love to forget.

The man who alienated fans and left the franchise holding the bag on the Tim Tebow experiment returns Sunday to try to deliver another dagger to Denver.

Continental Cup

Muirhead ups the ante vs. Canada's best in Vegas

The World squad is off to an impressive start at the Continental Cup curling tournament, taking a 2-1 lead over North America after Thursday's opening draw.

Reigning world champion Eve Muirhead of Scotland opened with a 12-2 rout of Winnipeg's Jennifer Jones in a battle of teams bound for the 2014 Winter Olympics in Sochi.

Eve Muirhead
GETTY IMAGES FILE

Muirhead stole three in the fourth end and two more in fifth to earn the full point in the team standings.

"It was a great start, we played really well and the ice conditions are fantastic," Muirhead said. "We had a really solid game out there and to get the first points on the board for Team World was good."

THE CANADIAN PRESS

Freestyle skiing. Del Bosco's Sochi status still up in the air despite win

Chris Del Bosco entered this week's World Cup skicross competitions in France knowing that a podium appearance would probably lock up a spot on the Canadian team for the Winter Olympics.

He won gold Thursday in a weather-hampered event at Val Thorens, but he likely needs to do more to book his ticket to Sochi.

The race was halted due to high winds and Del Bosco was given the victory based on his qualification results and win in his first heat. However, he'll need to return to the podium Friday to really strengthen his chances for inclusion on the Sochi roster.

"I definitely felt like I could have kept going; it was kind of frustrating because you want to win by winning the final but it was out of my control," Del Bosco said in a release. "There's not really any more I could have done.

"It was getting down to crunch time and I knew what I needed to do. I needed to podium. Sochi qualification is kind of a grey area. I don't really know how that works — I'm going to just regroup here and get ready to give 'er again tomorrow."

Canadian Chris Del Bosco
THE CANADIAN PRESS FILE

The second of back-to-back World Cup events will be held Friday at the same venue. The Olympic qualification window for skicross closes Sunday, so it will be the last chance for Canadians to qualify for nomination.

Dave Duncan of London, was seventh. He slipped to second in the men's overall standings, falling behind Andreas Matt of Austria.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	46	29	15	2	132	102	60
Tampa Bay	47	28	15	4	136	113	60
Montreal	47	26	16	5	118	111	57
Toronto	49	24	20	5	136	149	53
Detroit	46	20	16	10	118	127	50
Ottawa	47	21	18	8	134	146	50
Florida	46	18	21	7	109	141	43
Buffalo	46	13	27	6	83	129	32

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	48	34	12	2	156	115	70
Philadelphia	47	24	19	4	125	132	52
Washington	47	22	17	8	140	141	52
N.Y. Rangers	48	24	21	3	119	126	51
New Jersey	48	20	18	10	112	118	50
Columbus	46	22	20	4	129	131	48
Carolina	46	19	18	9	111	130	47
N.Y. Islanders	48	18	23	7	132	156	43

Thursday's results
Nashville at Philadelphia
Detroit at N.Y. Rangers
San Jose at Florida
N.Y. Islanders at Tampa Bay
Montreal at Ottawa
Edmonton at Minnesota
Los Angeles at St. Louis
Boston at Dallas
New Jersey at Colorado
Winnipeg at Calgary
Vancouver at Phoenix
Wednesday's results
Anaheim 9 Vancouver 1
Pittsburgh 4 Washington 3
Toronto 4 Buffalo 3 (SO)
Friday's games — All Times Eastern
Washington at Columbus, 7 p.m.
Anaheim at Chicago, 8 p.m.
Saturday's games
San Jose at Tampa Bay, 2 p.m.
N.Y. Rangers at Ottawa, 2 p.m.
Edmonton at Winnipeg, 2 p.m.
Los Angeles at Detroit, 7 p.m.
Columbus at Buffalo, 7 p.m.
Florida at Carolina, 7 p.m.
Montreal at Toronto, 7 p.m.
N.Y. Islanders at Philadelphia, 7 p.m.
New Jersey at Phoenix, 8 p.m.
Anaheim at St. Louis, 8 p.m.
Colorado at Nashville, 8 p.m.
Dallas at Minnesota, 9 p.m.
Calgary at Vancouver, 10 p.m.
Sunday's games
Boston at Chicago, 12:30 p.m.
Tampa Bay at Carolina, 5 p.m.
Washington at N.Y. Rangers, 7:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	49	30	8	11	177	135	71
St. Louis	45	32	8	5	163	100	69
Colorado	46	29	12	5	135	117	63
Minnesota	49	25	19	5	118	122	55
Dallas	46	21	18	7	132	141	49
Nashville	48	20	21	7	113	143	47
Winnipeg	48	20	23	5	133	146	45

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	49	36	8	5	170	120	77
San Jose	47	29	12	6	150	117	64
Los Angeles	47	28	14	5	120	96	61
Vancouver	48	24	15	9	124	124	57
Phoenix	46	21	16	9	135	143	51
Calgary	47	16	25	6	105	148	38
Edmonton	49	15	29	5	128	174	35

Note: Two points for a win, one point for an overtime/shootout loss (OL column).

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	25	43	68
Kane, Chi	23	33	56
Tavares, NYI	21	35	56
Getzlaf, Ana	23	32	55
Perry, Ana	27	26	53
Thornton, SJ	5	45	50
Sharp, Chi	25	24	49
Kunitz, Pgh	24	25	49
Ovechkin, Wash	34	14	48
Backstrom, Wash	11	37	48
Toews, Chi	17	30	47

Not including last night's games

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS

Sunday's games — All Times Eastern
AFC — New England at Denver, 3 p.m.
NFC — San Francisco at Seattle, 6:30 p.m.

SUPER BOWL XLVIII

Sunday, Feb. 2 — At East Rutherford, N.J.
AFC vs. NFC champions, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	30	7	.811	—
d-Miami	27	11	.711	3½
d-Toronto	19	18	.514	11
Atlanta	20	19	.513	11
Washington	18	19	.486	12
Chicago	18	19	.486	12
Detroit	16	22	.421	14½
Brooklyn	16	22	.421	14½
Charlotte	16	24	.400	15½
New York	15	23	.395	15½
Cleveland	14	25	.359	17
Boston	14	26	.350	17½
Philadelphia	13	25	.342	17½
Orlando	10	29	.256	21
Milwaukee	7	31	.184	23½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	31	8	.795	—
d-Portland	29	9	.763	1½
Oklahoma City	28	10	.737	2½
d-L.A. Clippers	27	13	.675	4½
Houston	26	14	.650	5½
Golden State	25	15	.625	6½
Phoenix	22	16	.579	8½
Dallas	23	17	.575	8½
Denver	20	18	.526	10½
Memphis	19	19	.500	11½
Minnesota	18	20	.474	12½
New Orleans	15	23	.395	15½
Sacramento	14	23	.378	16
L.A. Lakers	14	25	.359	17
Utah	13	27	.325	18½

Thursday's results
New York at Indiana
Oklahoma City at Houston
At London, England
Brooklyn 127 Atlanta 110
Wednesday's late results
Boston 88 Toronto 83
Chicago 126 Orlando 125 (3OT)
Portland 108 Cleveland 96
Friday's games — All Times Eastern
L.A. Clippers at New York, 7 p.m.
Minnesota at Toronto, 7 p.m.
Miami at Philadelphia, 7 p.m.
Chicago at Washington, 7 p.m.
Charlotte at Orlando, 7 p.m.
L.A. Lakers at Boston, 7:30 p.m.
Utah at Detroit, 7:30 p.m.
Sacramento at Memphis, 8 p.m.
Portland at San Antonio, 8:30 p.m.
Cleveland at Denver, 9 p.m.
Dallas at Phoenix, 9 p.m.
Golden State at Oklahoma City, 9:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Your mind will be moving fast over the next few days as you look to make your ideas pay. But don't make any decisions until after the Sun changes signs on the 20th. Only then will the way forward be clear.

♉ Taurus
April 21 - May 21
Something will happen today that annoys you. But when you think about it, you will realize that it makes no difference to your plans. Carry on with what you were going to do.

♊ Gemini
May 22 - June 21
Don't listen to those who say you are too far out with your ideas for your own good. They may think you are crazy but it all makes perfect sense to you, and that's what matters.

♋ Cancer
June 22 - July 23
You should make yourself known to important people over the next 24 hours. People in positions of authority will be open to your ideas and before you know it, you could find yourself promoted.

♌ Leo
July 24 - Aug. 23
Today's Mercury-Uranus link will help you to see things way ahead of everyone else. However, other aspects warn that what you see over the weekend may be misleading, so don't get carried away.

♍ Virgo
Aug. 24 - Sept. 23
According to the planets, you are too close to a project and need to step back a bit if you are to get a realistic view of how you are doing — and what you need to do next.

♎ Libra
Sept. 24 - Oct. 23
You don't have to make an issue of every challenge. You will progress quicker if you ignore whatever does not take you closer to your goals.

♏ Scorpio
Oct. 24 - Nov. 22
Try not to make decisions for loved ones because, no matter how well intentioned, they are sure to resent it. Let them learn from their own mistakes and be there to help them up off the floor if they need it.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone you meet today will open your eyes to new possibilities. But that does not mean you should drop what you are doing and head off in a new direction. Wait for the Sun to change signs on Monday before making decisions.

♑ Capricorn
Dec. 22 - Jan. 20
The planets warn you could easily be fooled by someone who knows how to play on your insecurities. Don't fall for their lies. If you do, you will have only yourself to blame.

♒ Aquarius
Jan. 21 - Feb. 19
The best way to help yourself today is to help others. With mind planet Mercury linked nicely to your ruler Uranus, you have a knack for knowing what those around you need.

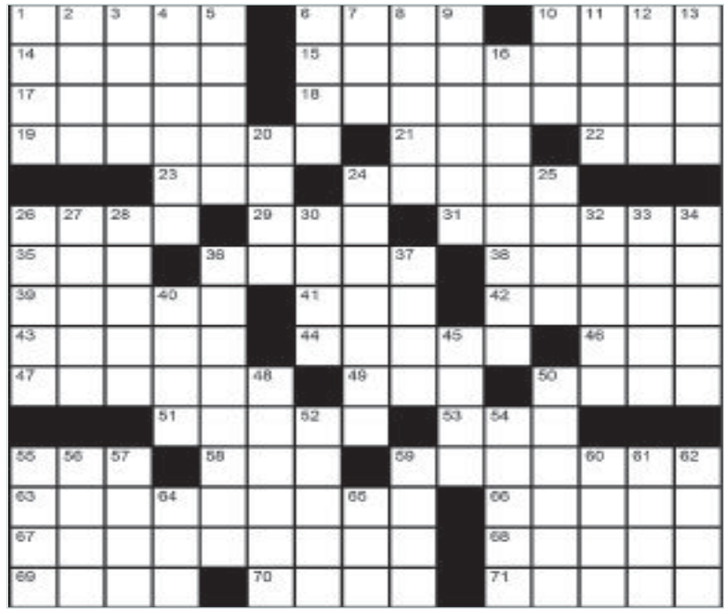
♓ Pisces
Feb. 20 - March 20
Sometimes things go wrong for a reason and sometimes for no reason at all. What goes wrong today will most likely fall in the latter category but it's really no big deal. Come Monday you will have forgotten all about it.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



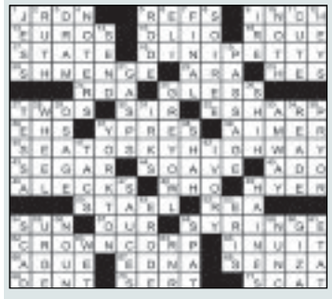
Across

1. __ Harbour, NWT
6. 'Different' suffix
10. __ Spumante wine
14. Mr. Blake of ragtime piano
15. Canadian actor, b.1916 - d.2006: 2 wds.
17. Vertical
18. Procedure
19. Its practitioners adapt their movements to the environment to overcome physical obstacles
21. Old French coin
22. Roxy Music's Brian
23. Nav. rank
24. Craft-making fabrics
26. Kill
29. Genetic stuff
31. Agile
35. Poetry contraction
36. __-totsy
38. Hex
39. Cartoon style
41. Cable network Showtime's website, __.com
42. Quartz variety
43. "That's __ nonsense." ...said the cow about something ridiculous
44. Nicknamed "Happy Days" character: 2 wds.
46. Grassy roll
47. Mick Jagger's first wife
49. Paddle
50. Naja Hajes
51. Donald Sutherland flick, "Max __ Returns" (1983)
53. Mil. rank
55. Superstar
58. Roman Myth: Household deity
59. That catchy tune you just can't get out of your head
63. "__ of Miracles" (1961) starring #15-Across
66. Google alternative
67. Ex-Atlanta hockey players
68. Colgate competitor
69. Inner light
70. "The Dame __ Experience"
71. Iceland's stories

Down

1. Permeate
2. Radiant light
3. "Ten-four." sayer
4. "ET Canada" host Cheryl
5. Place atop: 2 wds.
6. Dr. Frankenstein's pal
7. Matterhorn, for one
8. Queen of Burlesque, Dita Von __
9. Sign up
10. Morn's follower
11. Silk: French
12. 1982 Sci-Fi movie
13. "__ __ idea." (That's news to me)
16. Tragically Hip's "__ Disaster"
20. "'Till Death __ __ Part" (BBC comedy on which "All in the Family" was based)
24. "Cityline": __ Friday
25. Conceited
26. Baseball great Rusty
27. Toronto-born singer Ms. Ortega
28. Actress Ms. Valli
30. US crash-investigating agcy.
32. Music quintet, Canadian __
33. Bar, in law
34. Oboist's props
36. "The Legend of __" (2014)
37. Fitness sort
40. Repair
45. Medieval chest
48. Laurentians locale, Ste-__
50. NB's Premier, David __
52. Barked
54. Jonathan __, Juan Peron in "Evita" (1996)
55. Li'l living lairs
56. Salmon sort
57. Shoe shade
59. "Born Free" (1966) lioness
60. Uttered "That's nice dear."
61. Civil Rights leader Ms. Parks
62. Bons __ (Witticisms)
64. Mr. Penn
65. Archaeological find

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	3		6			8	1	
2				9		7		6
8				3				
	8	2			7		5	
				8				
	4		2			3	7	
				6				3
9		8		2				1
	5	3			4		8	

Yesterday's Sudoku

5	6	7	2	1	9	3	8	4
9	8	3	5	7	4	6	2	1
4	1	2	3	8	6	7	9	5
3	5	8	9	6	7	4	1	2
1	7	9	4	2	5	8	6	3
6	2	4	8	3	1	5	7	9
2	3	6	1	4	8	9	5	7
8	9	1	7	5	3	2	4	6
7	4	5	6	9	2	1	3	8

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